



The
Strawberry
Book

by

ADELMA GRENIER SIMMONS

CAPRILANDS HERB FARM

Coventry, Connecticut

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Cover Design and some illustrations by Robert Sutton

Some pictures from ancient herbals

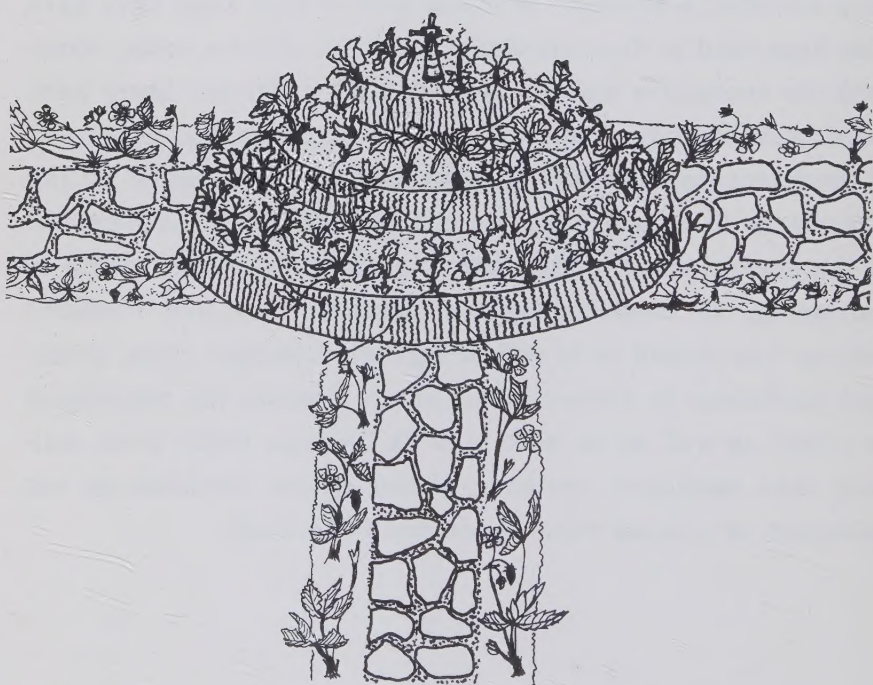
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Preface

Strawberries have been grown for many years at Caprilands in borders for culinary sections of gardens, like our Butterfly Planting, and in the center of our Garden of the Stars, where they surround a selection of plants used in herb teas. They have also been used to decorate strawberry jars of terra cotta, where both the runnerless and the large-fruited, cultivated berry have been used effectively; but it is with the recent revival of interest in reconstructing Colonial gardens that we have looked on the strawberry in a new light. Its origin, history, and importance in the ancient and the sixteenth to eighteenth century world of gardening, its medicinal values, cosmetic uses and romantic interest has caused us to collect legends, historical facts, poems and quotations to decorate its history. Because the strawberry is a fruit as well as an herb, and its uses are today more culinary than medicinal, we have placed special attention on our collection of recipes which ends our little book.



THE STRAWBERRY GARDEN

It seems appropriate that one of our most beautiful and useful herbs, the Strawberry, is a member of a family that has also produced the glamorous rose. Both are without peer in their categories of herbal fruit and flower, both are fragrant and have many varieties hardy in all climates. They have certain family similarities - both are useful as well as beautiful, the rose produces rose hips for tea and vitamins, rose petals for jams and potpourris, strawberries make a fragrant nearly evergreen border with leaves for medicinal teas and fruits attractive to look at and delicious beyond description, the subject of a hundred recipes from punches to beauty baths.

Here at Caprilands we use the European berries *Fraises des Bois*, where the plants border a long stone walk approximately 75 feet in length. Our ground is very sterile and stony and it was necessary to dig rich humus and well rotted manure into the soil. Also some peat moss was added to counteract the sweet limey soil of the herb garden. The strawberry needs much nitrogen and the best way to apply this, by organic methods, for us at least, was Cottonseed meal, high in nitrogen. This was spread at 4 lbs. for 25 feet. Extra fertilizer of a soluble nature is sprayed on with water about every two weeks. The French strawberry makes clumps very fast and will become so ingrown that it will produce very little; therefore wide rows are good that the plants may be frequently divided. When they are gently pulled apart, we reset them up to the crown of the plant and fill the hole with liquid fertilizer, firm the soil around the roots and water well, liquid fertilize, mulch in very hot, dry weather. August fertilizing will set the crop for the following year.

Our longest garden border leads to the Colonial 18th Century Garden where the herbs of the period flourish inside a picket fence. Another path, as the sketch will show, leads to the strawberry pyramid (our berry shortcake) thru the beds of the vegetable herb garden. This is well shown in our drawing and has been a tremendous saving in garden space. It has a base diameter of six feet and holds fifty large strawberry plants. It is richly fertilized, some peat is added to the soil and sphagnum moss is spread thickly over the surface. Sweet woodruff plants that have trailing roots are planted around the rim of the metal strips to grow down and cover the rings that hold the soil. They are shaded by the large leaves of the strawberries

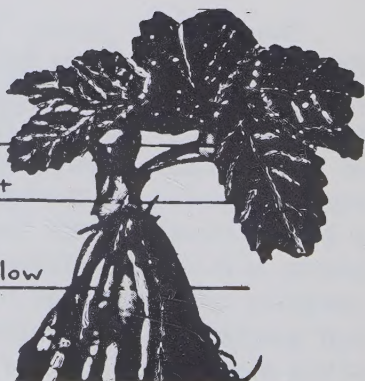
for sweet woodruff spreads as a ground cover and must be frequently transplanted to keep it under control. We use it in the May wine and other strawberry recipes, so it is convenient to have it close at hand when harvesting. Some varieties appropriate for the pyramid are Vesper (large berries produced late in season), Raritan (for a midsummer crop), Premier (an old variety grown since 1918, fruit bears early), Sparkle (bears late, but is very hardy in a cold climate), Fairfax (another well-known and satisfactory berry), and try Catskill for high yields in cold climates. A pyramid planting dries out quickly, being raised above the ground, and does require a daily watering. A spray system attached to your hose is the best solution for this difficulty.



Too Deep

Just Right

Too Shallow



GROWING THE FRAISES DES BOIS

The Alpine strawberry is the best variety (or varieties) for the small garden. They are adaptable in rows, and, as we have suggested, are decorative in borders. They will tolerate shade, as their name would indicate, they do not spread runners into areas not assigned to them, they are almost disease free, and produce fruit late in the year when other garden berries have ceased to bear. If you grow Baron Solemacher or Catherine the Great, the plants will be large when mature, erect with spreading medium green, pointed leaves, deeply serrated. The fruit is borne in trusses with few singles, it varies in shape even on the same plant. When perfectly ripe the flavor is strong, the perfume superior to all large fruited berries. Pick a small bowl full in the early morning, add sugar and a dry white wine, allow them to set in the refrigerator until lunch time, and you will experience the full Alpine flavor.

The problem for the strawberry grower with almost all herb gardens is the lack of fertilizer and the well-limed soil. While herbs thrive in this medium, it is detrimental to the growth of good berries. The Alpines need particular attention as to compost and fertilizer. When a border is planted, dig a trench, at least one and a half feet, half fill with well rotted manure, finish with compost rich in nitrogen, water the new plants in with liquid fertilizer, and continue to water frequently. every day and sometimes twice each day is necessary in dry weather. Some peat moss for acidity is beneficial, and may be dug in as the weeding is done. Disbudding where large berries are desired is practised. This should be done in May, leaving only the largest blooms for fall fruiting. The plants must be carefully cultivated, tho' not deeply, and watered with a weak infusion of cow manure once each week in June and July. In very moist weather, dried blood may be hoed in, in small quantities at frequent intervals.

Some successful growers suggest that in hot areas the plants thrive under fruit trees where they get partial shade, not deep shade however, they may be interplanted with fruiting shrubs. Planting distances are recommended at 18 inches between plants and 30 inches between rows. In England and France, Alpines are grown for market where the growers supply the best and most selective restaurants at a fabulous price.

Fraises des bois may be treated as biennials or may be allowed to bear for two years, tho' in the third year they may begin to decline. The first year fruit is much the better quality. From seed, the seedlings should be ready to plant out by June or July, if properly fertilized they will bear flowers the same autumn. These blooms should be removed. If grown from seed, they should be planted every second year and the old plants destroyed.

Potting these plants for the windowsill gardener is very satisfactory, if they are very well fertilized, watered with good liquid fertilizer every week, and never allowed to dry out, they will flourish. Our Baron Solemacher plants have a definite habit of thickening, growing rapidly into very tight clumps. This naturally dwarfs the plant, and a large area is needed to spread them to the suggested 18" apart. In some areas we do not attempt this culture as we grow the leaves for tea and fruits are incidental.

Our plans for the coming year and other years to follow include the search for sources of more of the unusual varieties of the Fraises des bois. We aim to grow successfully the very sweet and tasty white strawberry, already in our garden, to find again the black fruited berry, and the very old variety called after our gardening saint, St. Fiacre. This strawberry is of remontant habit, and bears flowers and fruit from July to September. The fruit is described as being large and pine flavored, heart shaped. It produces runners. Listed from Vilmorin, France and England. What success we have the year will tell.

My greatest culinary dream is to be able to produce a dessert as plentiful and delightful as one that I had in Barbizon, France. Of all the elegant places visited in France, this Country Inn produced the most exciting dessert -- it was literally a soup bowl heaped with Fraises des Bois covered with whipped cream, a part of a wonderful day traveling thru Burgundy to Paris.

HISTORY OF THE STRAWBERRY

Strawberries were well known in the ancient world and some variety was found in every temperate and Northern climate; they were not always favored as a food, however, but were often used as a medicine and a fragrance.

Virgil ranked the strawberry with the sweet smelling herbs. In Greece it was called Kemares, meaning a mouthful, and the Romans gave its present Botanical name of *Fragaria* because of the fragrance of leaves and fruit.

The word straw, which gives this berry its common name, does not come as one would think, from the fact that straw is used to mulch the rows, but rather from the word **strew** which describes the strewing habits of the plants that send out runners to start new beds. The wild strawberries were the only ones known to the Greeks and the Romans, but in England early writers suggest that the wild berries were transplanted into gardens. Sir Hugh Plat writes "Strawberries which grow in woods prosper best in gardens".

Our present varieties which are grown for market are descendants of *Fragaria*, *Elatier*, the Hautbois of European Mountain districts crossed with a native South American berry from Chile, plus another which came from Carolina and Virginia.

Some varieties make good ground covers for areas which will not be walked upon too frequently. Cannon Ellacombe, the 19th century authority on plants of Shakespeare suggests two varieties, one double flowered and the other varigated. In the concentration on the promotion of large fruited berries many of these original types were lost or forgotten. There is now an interest in all early plants appropriate for restored gardens and old varieties are being brought to light and suggested as appropriate plantings for Colonial restorations.

Fragaria vesca is the original species, occurring all over Northern Europe in several varieties and subspecies. Its fruit was well known to the ancients as a wild herb of medicinal value. In 1368 the gardener of French King Charles V started cultivation on a large scale, for he set 12,000 plants in the Royal Gardens. In England the domestication of the strawberry was later. It is known to have been successfully grown, for strawberries were sold in the markets and on the streets of London where the street cry "Strawberry Ripe" was frequently heard. They were also cultivated in the 16th century noblemen's gardens.

Alpine berries were brought into gardens in the 1530s and were cultivated for their late and perpetual bearing of fruit.

In 1825 a new strain was introduced, valued because of its runnerless habit. From the resulting cross, the variety Gaillan developed; this, in turn became the ancestor of Reine de Quatre Saisons and our familiar Fraise du Bois Baron Solemacher. They are all everbearing, to use the American term, and remontant in European terminology, in growth runnerless.

The development of the large berried varieties, the luscious fruits of today are a fascinating study for the horticulturist, but of little interest to the cook who is quite content to reap the rich harvest of the gardeners and the plant breeders. Suffice it to say that centuries have passed in the development of the market strawberry from the wild, and the pendulum is now swinging back to a great interest in the small fruits and perennials that were the origin of the species.

STRAWBERRY





STRAWBERRIES IN HISTORY

This quotation from Thomas Tusser --

"One Hundred Points of Husbandry" -- 1557 First Edition

"Wife into thy garden and set me a plot,
With Strawberry roots of the best to be got,
Such, growing abroad, among thorns in the wood,
Well chosen and picked, prove excellent food.
The Gooseberry, Respis and Rose all three
With Strawberries under them
Trimly agree." From "September's Husbandry"

Tusser's advice was exactly followed. The wild berries were taken from the woods and fields and planted in the garden. Lucky was the farmer to have a wife who would follow the old rhymers advice to the letter. Small gardens, just as small dairies, were tended by women, either the convenient wife or a hired maid did their share of the weeding and the planting.

Earliest mention of strawberries in English literature is in a Saxon print of the 10th Century.

In 1265 the "strawberrie" is mentioned in the household role of the Countess of Leister. The first illustration of this beautiful and later photogenic fruit occurs in the Mainx Herbarius -- 1454.

Strawberries were one of the famous streetcries of London. "Strawberrie Ripe" cried the Strawberry Girl of London. Lydgate mentioned this as one of the 15th century cries.

STRAWBERRIES APPEAR IN HERALDRY

The name in Scotland of Frasier comes from "fraise", the strawberry leaves bourne on the family shield. Eight of the leaves were given by Henry the Fourth for the English Ducal crown. A marquis coronet has four leaves; an Earl eight small ones. A strawberry leaf with a fleur de lis is part of the coronets of younger members of the royal family.

From Gerard's "Herbal -- History of Plants" -- 1597

Gerard's "Herbal" shows three types of strawberries common in his time: red strawberries, white strawberries, and the barren strawberry. He gives only cultural and medicinal uses and it would seem from his "Herbal" that the only interest of the day was in the use of the leaves and the fruit as cures and that no one had found their deliciousness as a food of enough importance for only a casual mention.

From Gerard: "The leaves boiled and applied in the manner of a poltis taketh away the burning heat in wounds; the decoction thereof strengtheneth the gummies, fasteneth the teeth, and is good to be held in the mouth, both against the inflammation of burning heat thereof and also of the almonds of the throat, they stay the overmuch flowing of the bloody flux and other issues of the bloud. The berries quench thirst, and do allay the inflammation or heate of the stomach. The distilled water with white wine is good against the passions of the heart, reviving the spirit and making the heart merry."

From John Gerard, Herbalist, in "Historie of Plantes" - 1597:

The Kindes -- There be divers sorts of strawberries; one red, another white, a third sort greene and likewise a wilde straw-berry which is all together barren of fruit.

The Place -- Strawberries do grow upon hills and valleys, likewise in weeds and other such places that bee somewhat shadowe; they prosper well in gardens.

The Names -- The fruit and berries are called in Latine by Virgil and Ovid, Fraga; neither have they any other name commonly knowne; in French, Fraises; in English, Strawberries.

From Brown's "Pastorals:"

"The woodnymphs often time would busied be,
And pluck for him the blushing strawberry,
Making for them a bracelet on a bent,
Which for a favor to this swain they sent."

From the Elizabethan Court:

Spencer, in "The Faire Queene" speaks of gathering strawberries: "One day they all three together went into the wood to gather strawberries." It sounds so pleasant, so long ago, so unhurried and serene. The rustle of the stiff silks and the whisper of the satins must have stirred the little country strawberries to put out their sweetest scent and plump up the biggest and the reddest berries, a tribute to the poet and the Queen.

STRAWBERRY TRADITIONS AND LEGENDS

The Strawberry: Symbol of Perfection; Symbol of Worth.

Purity was often the subject of early English sermons, and the strawberry illustration a favorite. One sermon carries this thought: "In tilling our gardens, we cannot but admire the fresh innocence and purity of the strawberry, because though it creeps along the ground and is continually crushed by serpents, lizards and other venomous reptiles, yet it does not imbibed the slightest impression of poison or the smallest malignant quality, a true sign that it has no affinity with poison."

St. Francis de Sales wrote of the fraises des bois also and gave the following advice:

"In conversation take everything peacefully, no matter what is said and done. In this matter you may remain innocent amidst the hissing of serpents and as a little strawberry you will not suffer contamination from the slimy things creeping near you."

In the Language of Flowers - -

Strawberries represent "intoxication and delight." They say to the beloved "You are Delicious" and they are a good luck gift to a woman.

The strawberry is the symbol of perfect righteousness. It also represents "the religious man whose life becomes good works." In religious symbolism it is often combined with other fruits and flowers to represent the fruits of the spirit. The Virgin Mary is sometimes shown in a robe embroidered with this decorative fruit. The strawberry combined with the violet suggests that the truly spiritual are also humble.

This beautiful fruit is naturally dedicated to the Goddess of Beauty and is under the domination of Venus. This recalls that many symbols (the strawberry among them) once representing Gods and Goddesses were transferred in Christian times to the Virgin Mary and saints.

In Gothic Architecture --

The plant is architectural in design, its leaves form the perfect trefoil, the unit of three, interpreted in the Gothic arch as Father, Son and Holy Spirit, the three in one. It has inspired designers and accumulated religious legends. Some of these old tales are retold in the pages that follow.

STRAWBERRY TRADITIONS -- for the Virgin Mary

From the Rev Amos Friend's "Flowers and Flower Lore"

"None will object to the Strawberry being devoted to the Virgin, for with all her flowers she seems to have laid claim to but few fruits. Some very beautiful German legends are connected with this plant, the fruit of which was a favorite of the Goddess Frigga, who presided over marriages. She was said to go aberrying on St. John's day, as the Virgin, also, at a later time was supposed to do; consequently, no mother who has lost a child will taste a strawberry on that day, for, if she did, her little one would get none in Paradise. Mary would say to it "you must stand aside for your mother has already eaten your share, and so none remains for you."

Another version of this story tells that the Virgin comes to earth on St. John's Day, June 24, and brings with her all the little children who have died in infancy. They walk thru' the fields of flowers picking strawberries.

Many superstitions follow in the wake of strawberry lore and none more strange than one which comes from Devonshire. It is believed that if anyone is suffering from a wound in the head and should happen to eat a strawberry he will surely die. This was apparently before the famous Devonshire cream was used on strawberries.

In Sweden at the Midsummer Festival, June 23 and 24, strawberries are the traditional dessert of the Midsummer day feast. This most popular of Swedish festivals, though now dedicated to St. John, has its roots deep in Paganism, when sacrificial fires burned on all the mountaintops to honour the Sun God, Balder, son of Frigga, Norse Goddess of Beauty. The fires were called Balder Balefires, and were lighted to burn away evil, to destroy witches, and to purify crops and cattle for the coming year. The villages and houses were decorated with birch leaves and boughs, and the villagers sang and danced in Balder's honor. The Maypole is then the feature of the festival (May in this instance meaning flowers rather than the month). After dancing and singing, a dinner of salmon with dill sauce, boiled new potatoes, peas, asparagus and salads is crowned with a dessert of strawberries and cream.



STRAWBERRY LORE -- Quotations

From Sir Francis Bacon -- an avid gardener as well as essayist and man of thought and letters, and whose gardens were princely affairs:

"For gardens, the Contents ought not well to be, under Thirty Acres of Ground; and to be divided three parts---" so one can see that the humble strawberry was very highly thought of to find a place in all this elegance.

It comes as something of a surprise to us to find that here they were grown more for their odor than for their taste.

To quote Sir Francis again:

"For the Heath which was the third part of our plot, I wish it to be framed, as much as may be, to a natural wilderness. Trees I would have none in, but thickets made only of Sweet Briar and Honeysuckle and some wilde Vine amongst; and the ground set with violets, strawberries and prime roses."

"There are to be heaps such as are in wilde heaths to be set with wilde Thyme --- violets, some with strawberries."

Sir Francis wrote of sweet odors for the garden.

"The Breath of flowers is farre sweeter in the aire where it comes and goes like the warbling of music then in the hand, therefore nothing is more fit for that delight than to know what be the flowers and the plantes that doe best perfume the aire."

"Violets, muskroses are cited for sweetness. Then the Strawberry leaves dying, which yield a most cordial smell."



USES OF STRAWBERRIES AND STRAWBERRY LEAVES AS FRAGRANCE, AS MEDICINE, AND AS A COSMETIC

Many famous men besides Bacon have used strawberries to increase their joy in living or to prolong life. The French writer Fontanelle gave strawberries the credit for his long life. One of his sayings was: "If I can reach the season of the strawberries, all will be well with me."

The great Linneus, the Swedish botanist, used strawberries to cure his gout and was one of the first to prove that they were useful in the treatment of rheumatic troubles.

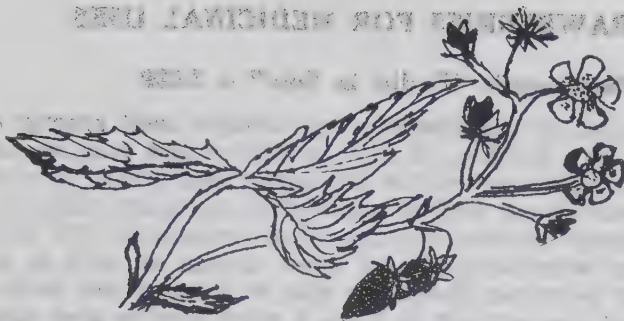
Here are some of the uses for strawberries from the records of the past and the present:

In herbal terms and practices the entire plant is used, the root is a dentifrice of great fragrance.

The leaves are a tea and a tonic for the kidneys.

The juice removes tartar from the teeth, is good for the preservation of the teeth and the health of the gums.

Probably few of us have thought of using the strawberry leaf for any practical purpose other than food --so intent are we on preserving the luscious fruit that we have been trained from infancy to consider a great delicacy; but in the 18th century, indeed even before that time, the leaves were highly valued for fragrance and medicine. Let your memory carry you back to childhood. You will remember, perhaps, picking the small, wild berries in a sunny field, and the pleasant odor that arose all around you. You never realized that it came from the strawberry leaves, for the whole field was probably sweet with all the odors of the earth. If you isolate them you will get the full flavor.



THE STRAWBERRY AS A FRAGRANCE

Strawberry leaves were valued so highly for their fragrance and their use as a tea that the berries were often a second consideration. A quotation from Mrs. Gaskell's story, "My Lady Ludlow," illustrates this in an interesting way. It is certainly a quaint fashion of discovering whether one is that almost obsolete creature classed as a lady or if one is of common clay. Mrs. Gaskell says: "The great hereditary faculty on which my lady piqued herself and with reason, for I never met with any other person who possessed it, was the power she had of perceiving the delicious odor rising from a bed of strawberries late in Autumn when the leaves were all fading and dying."

The Lady then quoted Bacon and said: "Now the Hanbury's can always smell the excellent 'cordial odor' and very delicious and refreshing it is too. In the time of Queen Elizabeth, the great old families were a distinct race, just as a cart horse is one creature and very useful in his place and Childers or Eclipse is another creature, tho' both are of the same species. So the old families have gifts and higher powers of a different and higher class to what the other orders have. My dear, remember that when you try and smell the scent of drying strawberry leaves in this next Autumn, you have some of Ursula Hanbury's blood in you and that gives you a chance, but when October came, I sniffed and sniffed all to no purpose; and my Lady who watched the little experiment had to give me up as a hybrid." I am afraid the young lady in question was either unable to smell any sweet odor when it was so highly recommended, perhaps, to use a 20th century expression, she was oversold and out of pure stubbornness refused to get even a whiff of this aristocratic odor. She may have been an early champion of the masses and refused to recognize the call of the Hanbury blood, for the strawberry odor is there, and one does not have to be a titled Lady to smell it.

STRAWBERRIES FOR MEDICINAL USES

From John Parkinson's "Padisi in Sole" -- 1629

"The leaves of strawberries are always used among other herbes in cooling drinckes, as also in lotions and gargles for the mouth and throat; the rootes are sometimes added to make it the more effectual and withall somewhat the more binding.

"The berries themselves are often brought to the table as a rare service whereunto Claret wine, cream or milk is added with sugar as everyone liketh; as also at other times, both with the better and meaner sort and are a good cooling and pleasant dish in the hot summer season.

"The water distilled of the berries is good for the passions of the heart caused by the perturbation of the spirits, being either drunk alone or in wine; and maketh the heart merry. Some do hold that the water helpeth to cleanse the face from spots, and to add some clearnesse to the skinne."

Parkinson seems concerned with the production of fruit as well as the medicinal value and writes enthusiastically about the great Bohemian strawberry, *fragaria Bohemica maxima*: "some of the berries are neare five inches about." They were grown best by Master Vincent Sion "who dwelt on the bank side, near the old Paris Garden stairs, who from seven roots in one year and a half, planted an half acre of ground with the increase from them, besides those that he gave away to his friends. . . ."

Some Medicinal Uses

Quotations from ancient sources on strawberries:

Banckes Herbal: "The virtue of this Herb is good for bleared men. Also it is good to destroy the web in a man's eyes."

From Gerard's The Grete Herball: "Especially good against all evils of the spleen."

From Hertus Sanitatis: "Take strawberry juice and plants in water mixed with eight liters of mulberry juice, one liter of the dung of a white dog, and a little vinegar -- and this is good for ulcers of the throat if used as a gargle."

The juice of strawberries, either wild or cultivated, makes an excellent dentifrice, but preference is for the wild varieties. This removes tarter from the teeth. It is so good for their preservation, that homeopaths recommend it for this purpose. Strawberry fruit is used to reduce superfluous flesh, tho' how this is accomplished I can find no information. It is also processed into lotions and creams to whiten the skin and remove freckles.

Practical and Medical Uses

Strawberries are rich in Vitamin C and natural sugar. Good for energy building.

The fruit contains malic and citric acid, a volatile matter, sugar, pectin, woody-fiber. It is easily digested and is not subject to fermentation in the stomach. In feverish conditions, the fruit is considered invaluable, and is also recommended for kidney stones. The root is astringent and used in treatment of diarrhera. The leaves have some of the same properties, and strawberry tea is reputed to check dysentery. In removing discoloration from the teeth, the fresh fruit should be used and must stay on for about five minutes, then rinse with warm water to which a pinch of soda has been added. To remove sunburn, rub a paste of berries into the skin, let it stay on for half an hour, wash off with warm water to which a simple tincture of benzoin has been added. Do not use soap.

Robert Hogg writes in the Vegetable Kingdom, 1858: "The strawberry is particularly safe and wholesome. It consists almost entirely of matter that is almost completely soluble in the stomach, does not undergo acetous fermentation."

Strawberry Lore

Once used to relieve gravely deposits in the kidneys.

A strawberry cure was also given for consumption.

From Dr. Coffins "Botanic Guide to Health" published London about 1890: "Strawberry Plant -- *Fragaria Vesca*. The strawberry grows wild, but is mostly cultivated in gardens on account of its delicious and valuable fruit, with which our markets at the proper season are abundantly supplied. We shall not stop to describe it since it is so well known. It is a strong diuretic and moderately stimulant. In all cases of strangury, stoppage of the urine, gravel or ulcers formed in the kidneys, or the neck of the bladder, a strong tea of this herb may be drunk; or, if the fruit be in season, put a quantity of the herb and fruit into a pitcher, pour boiling water there on and let it infuse well for two or three hours, then strain it, and to each quart of the tea, add one ounce of pure ginger, pounded or grated fine; of this decoction take a wine glass three or four times a day."

From Sir John Hills Herbal of 1812: English Plants remarkable for their virtues, the wild strawberry plant is described "the fresh leaves are used; an infusion of them is good liquor to wash a sore mouth or throat; taken in large quantities, it works by urine, and is good against the Jaundices."



Medicial Uses from the Nicholas Culpepper Herbal, 1653

Culpepper finds many uses for the strawberry -- leaves, roots and berries -- too many to quote in full, but some bear out the current uses in beauty treatments and medicines. Culpepper says: "Venus owns the herb; strawberries when they are green are cool and dry; but when ripe, they are cool and moist. The berries are excellently good to cool the liver, the blood and spleen, or an hot choleric stomach; they refresh and comfort the fainting spirits, and quench thirst; are good also for other inflammations. . . . The leaves and roots boiled in wine and water drank do likewise cool the liver and blood and assuage all inflammations in the reins and bladder, provoke urine and allay the heat and sharpness thereof. The water of the berries carefully distilled is a sovereign remedy and cordial in the panting and the beating of the heart and is good for the yellow jaundice."

It is evident that the entire strawberry plant was used -- leaves and roots -- "Lotions and gargles for sore mouths, or ulcers therein, or in the privy parts or elsewhere are made with the leaves and the rootes thereof; which is also good to fasten loose teeth, and to heal spungy, foul gums; the juice or water is singularly good for hot and red inflamed eyes, dropped into them, or they bathed therewith." Also "to take away rednesse in the face, spots, or other deformities of the skin and to make it clear and smooth."

Some use this medicine: "Take so many strawberries as you shall think fitting, put them into a distillatory, or body of glass fit for them, which being well closed, set it in a bed of horse-dung for your use. It is an excellent water for hot and inflamed eyes and to take away a film or skin that begins to grow over them and for such other defects in them that may be helped by any outward medicine." (Culpepper)

STRAWBERRIES FOR BEAUTY TREATMENTS

Strawberries were reputed to be cooling, cleansing and healing both to the skin and the internal organs of the body. They were in demand by great ladies and the humble cottage dweller alike.

Strawberries have played their part in cosmetics and were used by many famous beauties of the past. They are today much in favor with nature enthusiasts who scorn the application of anything but a natural product. In this procedure, they are following an ancient practice thought to be most effective.

The use of strawberries as a dentifrice was often advised by 18th century herbalists. A paste of strawberry pulp was spread thickly on the gums and teeth, massaging both with the juice of the red berries. The mouth was rinsed with cold water and whitened teeth and a cool, clean feeling resulted.

A strawberry bath was an extravagance indulged in by lovely ladies at court, the favorites of kings and courtiers, who kept a corps of servants searching for precious herbs, barks and berries to produce the materials for their nightly beauty treatments. Among the famous beauties of history who indulged in strawberry baths was Mme. Tallien, who favored a mixture of fruits, strawberries and raspberries. The berries were crushed and used like a massage; after this application the bather was sponged with perfumed milk. Strawberries and cream in the bathtub.

The juice of berries made a luxury bath for Isabelle of Bavaria, renowned for her beauty. Emma, Lady Hamilton, once the toast of English society, preserved her fine skin with strawberry lotions. The lovely Emma used a paste made of brandy and strawberries with the addition of camphor. This must have been most effective, for she was thought to resemble the Grecian marbles that Lord Hamilton had brought from the ancient world, during their residence in Naples and Sicily. Not only did she win the extravagant praise of sculptors and artists for her Grecian poses and matchless complexion, but she also won the heart of the great English naval hero, Lord Nelson. Strawberries could hardly have been responsible for all this glamour, but they may have helped.

A Modern Strawberry Beautifier

Take one cup of fresh strawberries, mash with a fork until the berries are soft and form a paste. Stir in skimmed milk powder, enough to thicken to a cream consistency, cover the face with this. Rest for 15 minutes and wash off with applications of cold water.

Modern Strawberry Treatment for Burns and Sunburn

Make a thick paste of strawberry fruit, this may be a puree done in the blender. Stir in milk powder, enough to thicken. Pat this directly on the face. Leave on face 10 to 15 minutes. Remove with cold water.

The following recipe is developed from an old remedy for freckles and disfiguring spots: 1 cup of green lovage leaves, 1 cup of strawberry pulp. Whip together in a blender. Add about 1/2 cup of powdered milk as a binder.

One of our visitors at Caprilands related an interesting story that concerned a wedding and a strawberry treatment. A short time before the wedding, the bride-to-be burned her arm and hand badly. It was not only painful, but very disfiguring. Her first thought was to postpone the wedding, as her gown was a period piece and had puffed short sleeves which would expose the burned area. A cure was found in a strawberry paste and with a few days treatments the scar was healed and she was able to wear the old-fashioned wedding dress as planned.





Strawberry

Recipes



SWEET WOODRUFF

COOKING WITH STRAWBERRIES

To cook with strawberries is an utter delight, even tho' we must admit that the most delectable way to taste their matchless flavor is to enter the garden in the early morning when the dew is on the leaves, to pluck the clean ripe berries and eat them while the mockingbird sings a breakfast aria.

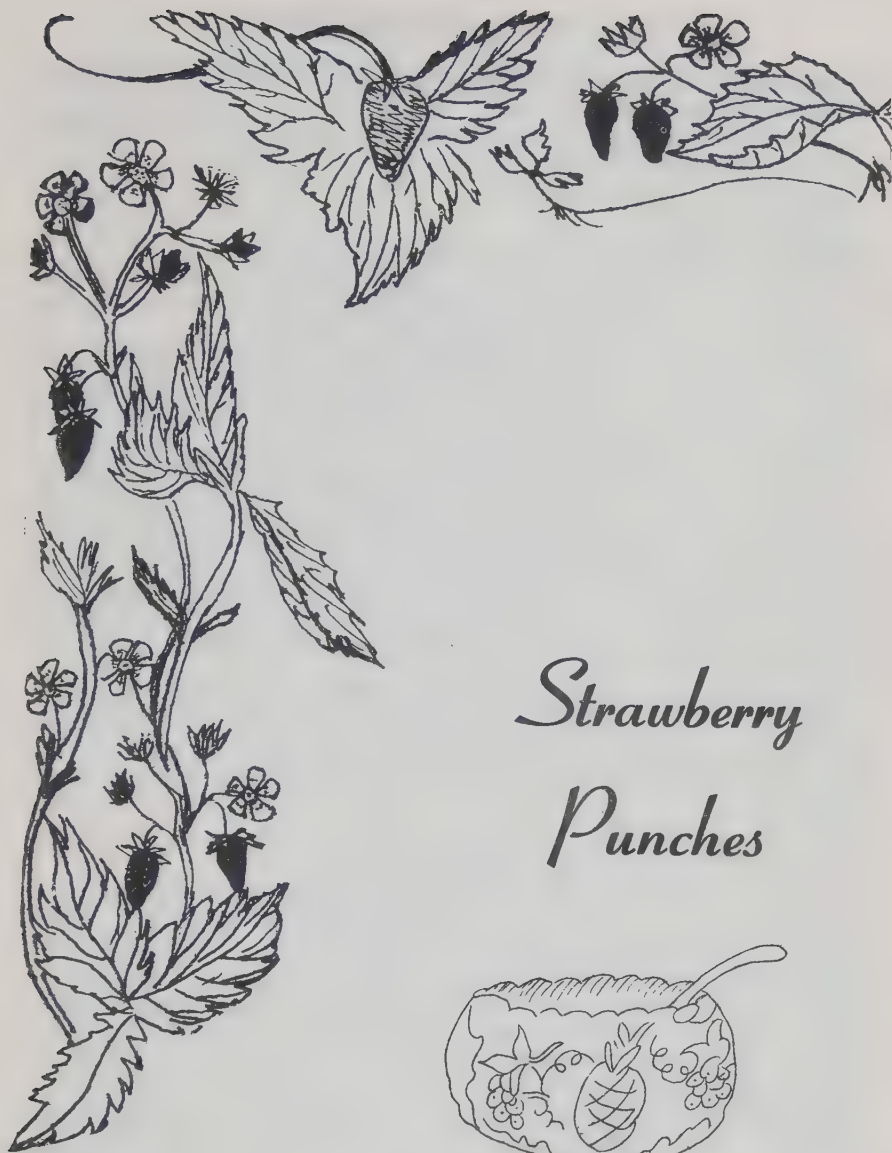
All honor, however, goes to the many cooks and food artists who have designed methods to keep the precious seasonal berry on our table throughout the year. On cold winter nights in New England, when our old farmhouse shakes with the gusts of northwest winds and the fire burns bright in the living room fireplace and the table is set with quaint blue Staffordshire catching the firelight, strawberry shortcakes then dripping with ruby red juices and a snow of cream bring the garden near to us and make us say a prayer of gratitude to the first cook who combined the berries with biscuits and designed this classic country dessert -- the shortcake.

The recipes that follow have been collected over many years and from many sources. The May drinks, which combine the sweet woodruff herbs, wine and fruit, are served here every year to welcome in the spring season. The sweet odor of woodruff and strawberries permeates the air, the very essence of the spring garden, with all its renewed hopes and joys, is a part of this enchantment.

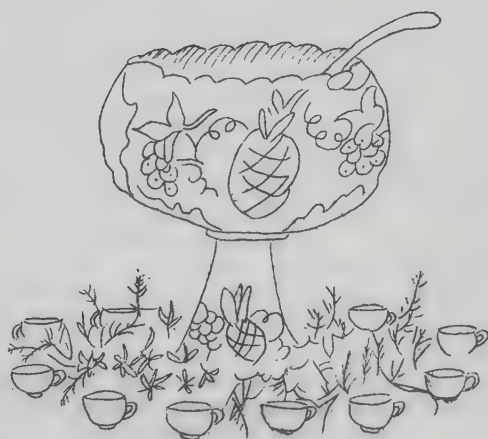
Many traditional European strawberry dishes are included in this little book. These often depend upon the use of wine for their individuality, therefore, we have grouped them together. I have made several of these recipes with canned or frozen fruits, and while I suppose there can be no comparison with the use of fresh materials, they were marvelous substitutes. Cooked berries have a flavor all their own which must be appreciated as a separate kind of experience. This, one finds in jams, jelly rolls, puddings, fruit pies and some cakes.

On hot summer days we serve many cold fruit soups. Our most popular one is the Strawberry Soup. It is very simple to make and never fails to please. Try this in Lowestoft soup bowls for a special luncheon guest. The pink of the crushed berries against the robin's egg blue bowls is a lovely thing to see. Garnish the soup with a dollop of whipped cream, add woodruff leaves or the leaves of a strawberry plant, and you will produce an unforgettable picture.





Strawberry Punches



MAY WINE WITH STRAWBERRIES

- 1 gallon dry white wine (may be Dry Sauterne or Moselle Rhine Wine)
- 2 quarts strawberries (1 qt. whole berries and 1 qt. sliced or crushed)
- 12 sprigs of sweet woodruff
- 1 pint of brandy
- Additional woodruff leaves for decoration.

Start your May bowl about 3 days before you wish to serve it. Put the woodruff in the wine; also add 6 sprigs to the brandy. Keep each one in a cool place.

When you are ready to make the bowl, use a large block of ice, or ice cubes if the block of ice is not available. We freeze ice in a pan with extra strawberries or woodruff leaves in it for flavor and appearance

Our wine is always poured into a 3 gallon crock for mixing: the woodruff, the whole strawberries over which sugar is sprinkled, and the crushed strawberries are added for color. Taste it for sweetness. It should not be too dry. Add $\frac{1}{2}$ of the whole strawberries over which sugar is sprinkled, the wine, brandy, reserve the rest for the second bowl. Serve in small punch cups with a whole strawberry on a sprig of woodruff and some spring flowers.

To make your punch bowl more attractive, cut the early violets or violas (Johnny Jump Ups) and float them on the pink wine with the woodruff. The violas were once thought to be good for the heart and for affairs of the heart. Violets were used in salads for food and were recommended treatments for various ills. One may eat the flowers without harm; however their real function here is to be decorative.

For an attractive presentation, place your punch bowl on a large round tray. Fill tray with a spagnum moss and cover the brown of the spagnum with real green moss from the woods. Plants of woodruff may be removed from under trees and inserted in the moss where they will grow indefinitely. Little tubes of glass can be inserted with water in them to keep flowers fresh tho' the wet spagnum will usually do this for a short period without any aid. Early spring blossoms surround our bowl, sometimes forced forsythia or apple blossom. The leaves are usually those of the laurel, lilac or juniper, which we keep in deep water in a pail overnight, to prevent wilting before decorating the ring.

There are many recipes for woodruff punch, some called May Wine Maitrank, mai bowls. This is the one which our guests like best.

NOTE: Save a little of the wine with the woodruff, draining out the berries to add to the next bowl, as one party begets another and the flavor lingers on. Champagne may be substituted for brandy if you feel extravagant.

ABOUT SWEET WOODRUFF

Sweet Woodruff (*Asperula Odorata*), a native of Germany, can be grown in the shade from plants only. It is an attractive ground cover for shade, and grows about 6 inches high, not over 8 inches, and has small white flowers in late May or early June. It gives off its essence when warm, in wine, or when dried. When green, it has no odor.

If you are not able to grow it, you probably can obtain it only from an herb farm or an herb-growing friend.

SWEET WOODRUFF PUNCH

(Non-Alcoholic with Strawberries)

The recipe came from a request for a punch that could be served to young students in a school where alcohol was banned. The guests were to be all ages, and it was necessary to have a drink that would grace the table and do justice to the beautiful blue Canton bowl used as a centerpiece. The punch bowl was a valued antique, a Captain's bowl, very large, it held over 3 gallons. It was raised above the level of the table on a standard and had a flat surface that held a cake of ice, still leaving ample space for liquid and decorative fruits and flowers. We heaped huge red strawberries on the block of ice in the center, colored the juices with crushed berries and floated deep blue violets, that repeated the color of the bowl, on the resulting pink liquid. Green sprigs of woodruff brought their woodsy fragrance to the air about the table, and was wafted thru' the room as the punch was ladeled into glasses. It was all so fragrant and beautiful that one forgot this was not true wine, but substitute apple juice.

The Recipe

2 gallons of apple juice or sweet cider

2 cups of woodruff leaves, $\frac{1}{2}$ cup dried

Use 1 qt. of the juice and dried woodruff for an infusion, allow it to soak for 6 hours or longer at room temperature. Add to this 2 qts. of crushed strawberries to color the liquid pink. Pile the contents of two baskets on the cake of ice or float in the wine. Add the juice of six lemons and two sliced lemons or limes to cut the sweetness. Six large bottles of gingerale should then be poured over the ice in lieu of Champagne. Garnish punch cups with violets and strawberries and a leaf of woodruff.

Another Recipe

We have made this many times since the above, using orange and grapefruit juices in large quantities (2 gallons) and 1 quart of dry white wine. The woodruff leaves are soaked over night in the wine, for the wine brings out their flavor better than fruit juice. This infusion is added to the juices. Strawberries sliced with 1 cup of sugar stirred into the liquid, and whole unsweetened berries finish this mild summer bowl. Save some attractive sweet woodruff leaves to float on the surface of the punch, and use the little viola tricolor (Johnny Jump Ups) for color and hearts ease.

STRAWBERRY PUNCHES

There are many strawberry punches besides the well-known and popular May Wine.

Strawberry Punch with Fruit and Brandy

Marinate 1 qt. of fresh strawberries, $1\frac{1}{2}$ cups of powdered sugar, juice of 4 lemons, and 8 ozs. of brandy in refrigerator for 3 hours. Boil 1 cup sugar and 1 cup of Rhine Wine until the syrup threads. Cool. Add this to the strawberries and the syrup, the remainder of the opened bottle, and two more qts. of wine. Set the punch bowl in cracked ice. To the above mixture, fortify with 2 qts. of chilled champagne. Serve in cold glasses with a strawberry in each glass.

Parisian Strawberry Punch

Place 2 cups prepared strawberries in 1 cup of Curacao for one hour. Pour over the marinated strawberries 3 qts. red wine. Serve at room temperature.

A Frothy Strawberry Cooler

To be served in a punch bowl, 4 cups of orange juice, 1 qt. of dry white wine, sauterne or Rhine wine, 4 packages (if frozen) of strawberries, $\frac{1}{2}$ gallon of ice cream. Run strawberries and orange juice thru' the blender, add to wine, stir in ice cream. Add one whole strawberry to each serving.

Strawberry Punch

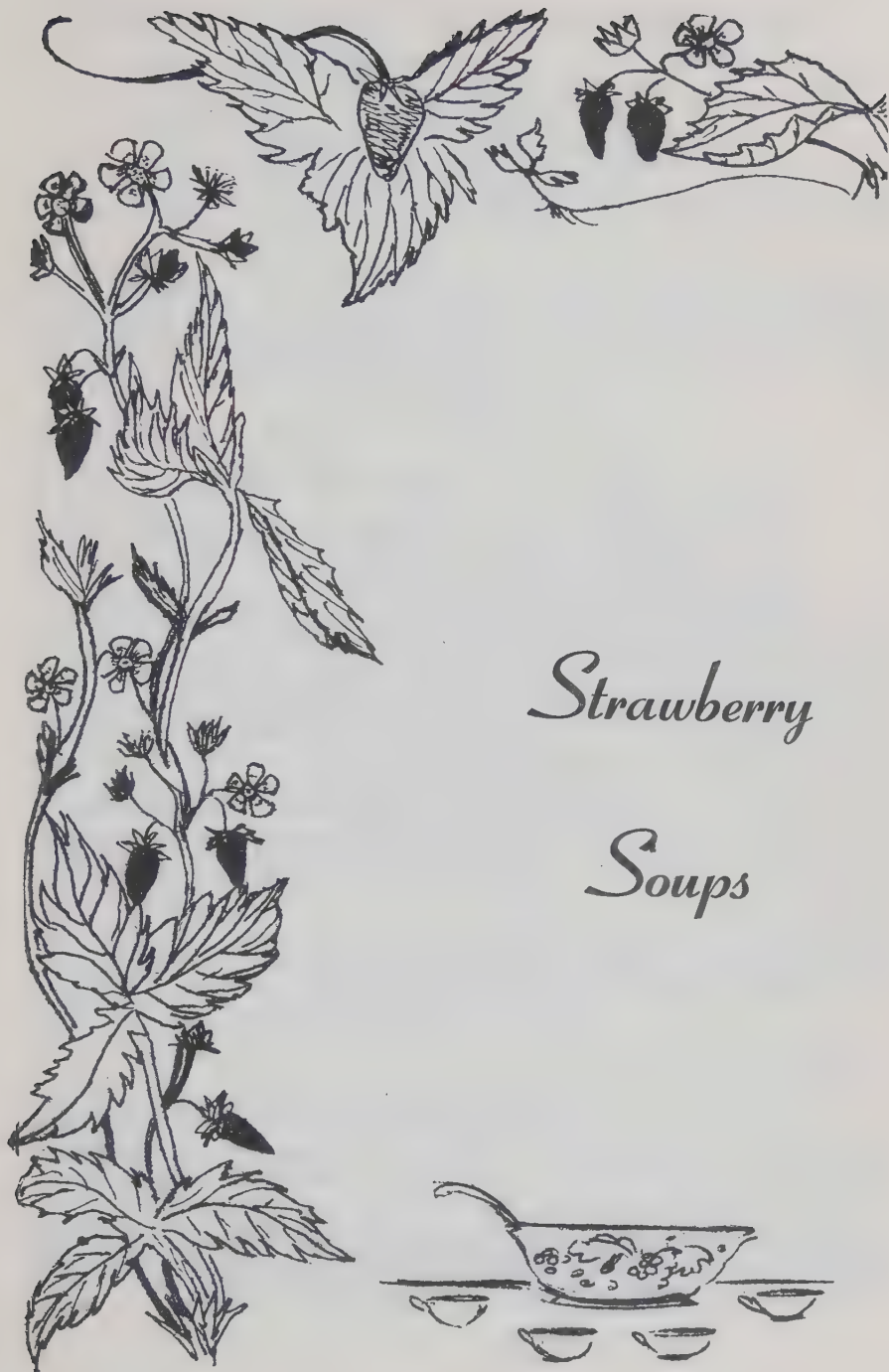
1 qt. fresh strawberries, $1\frac{1}{2}$ cups powdered sugar, juice of 3 lemons, and 6 ozs. brandy. Chill for 2 hours. Boil $\frac{3}{4}$ cup sugar and $\frac{3}{4}$ cup Rhine wine until syrup threads. Cool. Mix this into liquid with juice, brandy, lemons. Add 2 gallons dry, white wine.

Strawberry Herb Punch with Wine and Herbs (For a Midsummer Party)

1 gallon of white wine, Moselle is excellent for this wine bowl. $\frac{1}{2}$ cup each of the following: green lemon balm, and sage; 1 cup of mint, $\frac{1}{4}$ cup of rosemary, $\frac{1}{2}$ cup of rose geranium leaves, 2 quarts of strawberries, and $\frac{1}{2}$ cup of honey. Add all the herbs to the wine, place in a crock, pour the herbal mixture in the crock, allow to set at room temperature over night. Chill berries. Add at the last with a bottle of champagne. Chill until very cold. Pack in ice. Serve in small glasses with flowers of the season floating on top.

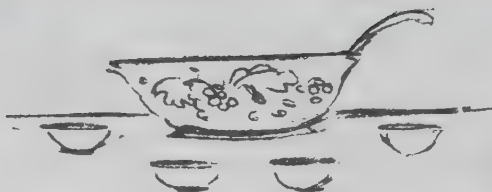
The Bride's Punch

2 cups of fresh pineapple, 1 cup fine granulated sugar. Let stand for 1 hour. Add $1\frac{1}{2}$ cups of pineapple juice, unsweetened, 1 cup lemon juice, $1\frac{1}{2}$ cups peach brandy, 2 quarts of light rum. Stir in 2 qts. chilled charged water. Put a block of ice in the center. Garnish with woodruff leaves and fresh strawberries.



Strawberry

Soups



SOUPS

IN SHAKESPEARE'S HENRY THE V, ACT I

"The strawberry grows underneath the nettle
and wholesome berries thrive and ripen best
Neighbored by fruits of baser quality;
And so the Prince obscured his contemplation
Under the veil of wildness."

For the best results in preparing fresh strawberries, always wash with the hulls on. If hulled the berries are apt to be bruised in washing, some of the precious flavor may be washed away. Hull the berries just before serving if possible. They will keep fresh longer if the hulls are not removed. If you are making jam or jelly wash, pick over, cover with sugar and allow them to set 4 or 5 hours or overnight before placing them in the kettle to heat.

STRAWBERRY PORT WINE SOUP — A COLD FRUIT SOUP

Two cups of strawberries bring to a boil, stir in 4 tbs of corn starch, blend with one cup of cold water, cook stirring constantly until thickened. Add 3 cups of port and cook stirring until clear and thickened, add 2 cups washed and hulled strawberries, 2 cups light cream. Serve cold, as a soup with a tablespoon of sour cream and a fresh strawberry on each serving. Suggest running the first ingredients thru the blender, then add whole strawberries and cream before refrigerating.

ITALIAN STRAWBERRY ICE — AS SOUP OR DESSERT

2 Quarts Strawberries

1 cup sugar

1 cup water

Juice of 1 lemon

Add $\frac{1}{4}$ cup Benedictine

Pour into an ice tray and freeze to a mushy stage, stir occasionally.

Prepare berries, puree in blender, bring sugar and water to a boil and boil for 5 minutes. Cool, combine with berry puree, add lemon juice, stir a few times until it becomes a thick mush, fill glasses and serve topped with mint leaves and a fresh strawberry on each serving.

STRAWBERRY SOUP

1 cup sour cream

1 cup sugar

5 cups of very ripe berries

$\frac{1}{2}$ cup claret

3 cups water

Combine sour cream, sugar and berries in blender, swirl until it is completely pureed. Pour this into a sauce pan, add claret and water and heat slowly, stir. Remove from fire when heated thru. Remove and chill. Serve ice cold in chilled bowls garnished with strawberries.

STRAWBERRY SOUP (Serve Cold)

2 pints of prepared strawberries

2 cups of powdered sugar

2 quarts of water

Combine ingredients, heat to a boiling point, add 1 small stick cinnamon, add the peel of one lemon, cut into long thin strips. Boil for 5 minutes. Chill until very cold and just before serving add 1 pint of sherry wine and blend well.

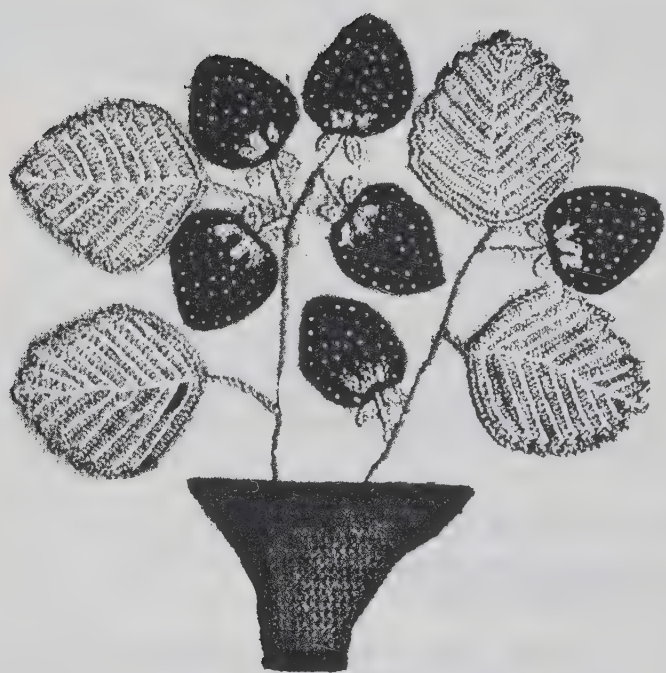
CAPRILANDS STRAWBERRY SOUP

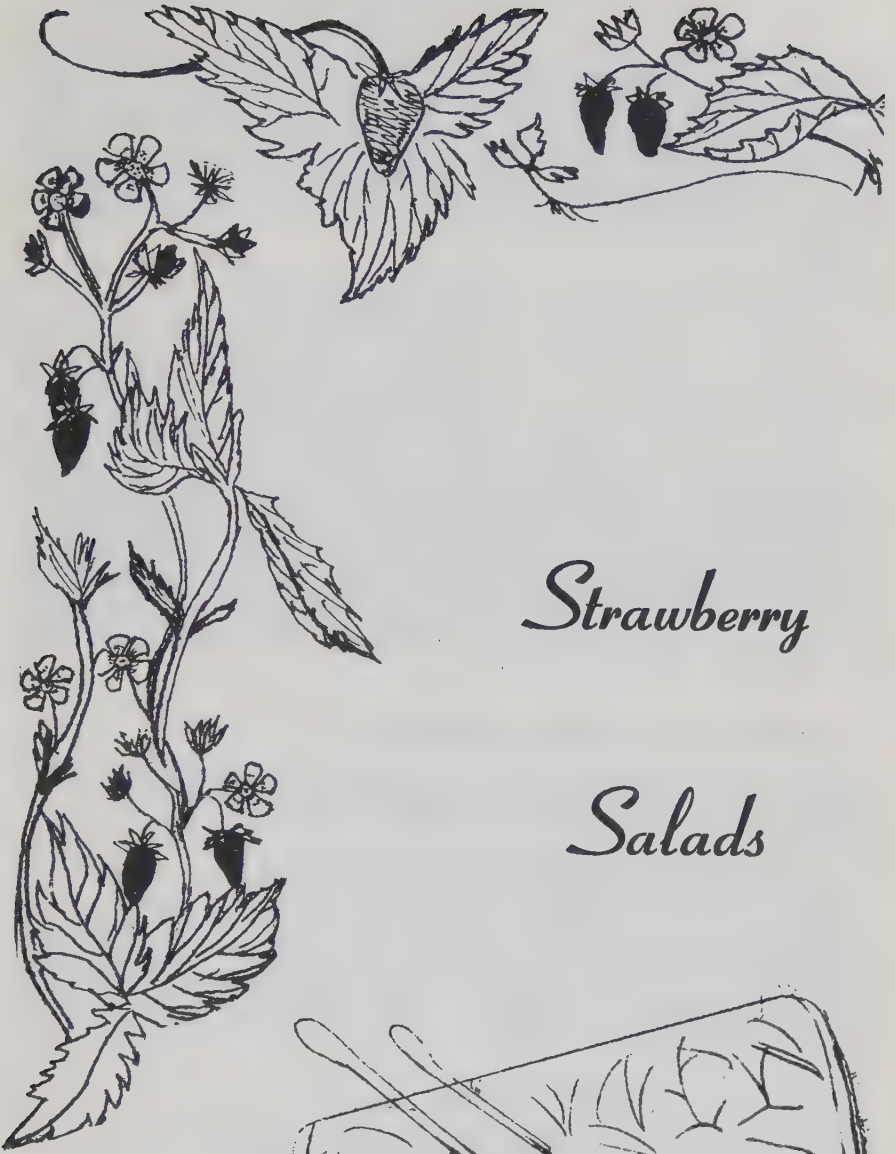
2 cups strawberries

1 cup heavy cream

1 cup sour cream

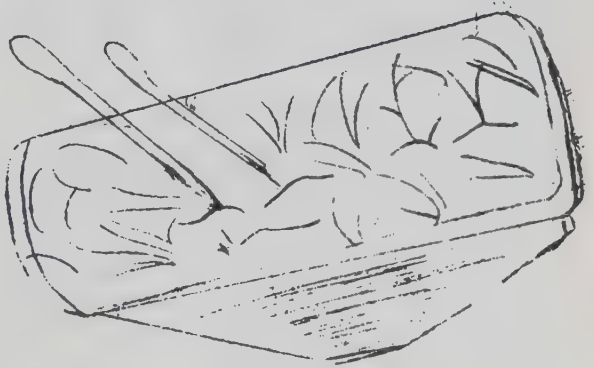
Run strawberries thru blender, add cream, blend. Add sour cream and a few whole berries before serving.





Strawberry

Salads



STRAWBERRY SALADS and SALADS FOR DIETERS

Dieters recipes have been included and some of these will appeal also to those who revel in the fleshpots and don't give a whit for dieting, for they include wine, dry of course, and champagne. Strawberries are recommended in Culpeppers Herbal (and others) to remove superfluous flesh but the method is never described, perhaps making a plate of green look delectable, or fruits without sugar, enchanting, would explain the method. Here's to the recipes —

PINEAPPLE SALAD WITH STRAWBERRIES

Cream together 2 8 oz. packages cream cheese with 2 tbs light cream and $\frac{1}{2}$ cup of pineapple syrup, beat until light and creamy, add 2 tbs. grated orange rind and 2 tbs. sugar. Use 12 slices of whole pineapple, drain and spread with the cream cheese mixture, cover with another slice of the pineapple. Refrigerate until very cold. Prepare 1 quart of strawberries, sugar them with vanilla sugar, let them set for 1 hour in a cold place. For serving pile them generously on top of the pineapple slice, add a dash of sour cream to the top. Garnish with orange mint, and a large fresh strawberry on top of each serving. For a pleasant taste and good appearance, sprinkle with toasted slivered almonds and coriander seeds.

STRAWBERRY - HONEY DRESSING

1 cup honey, 1 cup sour cream, 1 cup mayonaise, 1 cup of strawberries (sliced), $\frac{1}{4}$ cup brandy. Whip together.

STRAWBERRY DRESSING FOR FRUIT SALAD

3 cups thick sour cream, 1 tsp salt, $\frac{1}{2}$ cup Kirsch, or, for a different taste, same amount of sherry, 1 cup of frozen strawberries. Refrigerate. Serve on sliced peaches, pears, pineapple, etc. Place Kirsch over strawberries, wait until they are defrosted, combine with the sour cream.

STRAWBERRY AMBROSIA SALAD

Cut $\frac{1}{2}$ pound of marshmallows in small pieces

Open 1 20 oz. can of chunk pineapple

Use the pineapple juice to soak the marshmallows, put the mixture in the refrigerator over night, add 1 cup almonds and 2 cups of chopped strawberries to the mixture. Stir mixture into 2 envelopes of plain gelatin, refrigerate in a mould. When set unmould on greens and serve with a whipped cream dressing. Garnish with strawberries.

Whip heavy cream for dressing, add dash of vanilla and 1 tbs sugar, fold in $\frac{1}{2}$ cup of coconut, reserving some to use as topping with whole strawberries.

STRAWBERRY AVOCADO SALAD

Peel two avocados, cut in strips, cover with juice of one lemon, add 1 cup of cantalope balls and 1 cup pineapple cubes, 2 cups of whole strawberries and slice 1 pound of cheddar cheese in strips. Line a salad bowl with greens, sprinkle avocado with lemon juice, mix other fruits, strawberries, cantalope and pineapple. Place in bowl, cut strips of cheddar cheese garnish top of greens.

HONEY DRESSING — 1 cup honey, 1 cup mayonnaise, slivered almonds, $\frac{1}{2}$ cup chopped mint leaves finely and add to above. Pour over salad and garnish with fresh mint and whole strawberries.

STRAWBERRY RING AVOCADO

Dissolve 2 boxes lime or lemon flavor gelatin and $\frac{1}{2}$ tsp salt in 2 cups hot water, add $1\frac{1}{2}$ cups of cold water, juice of 1 lime, chill until slightly thickened. Pour juice of 1 lemon over 2 very ripe avocados, whip avocados and juice with $\frac{1}{2}$ cup of mayonnaise, blend all together, pour into a ring mould and chill until firm. Unmould ring on greens and fill with $2\frac{1}{2}$ cups of berries. Serve with honey dressing.

A STRAWBERRY FRUIT SALAD

2 cantalopes, peeled and sliced, 2 cups watermelon sliced, 4 oranges segments cut in half, 2 bananas cut in small pieces, 2 large bunches of grapes, leave some whole and cut about half in slices, leave some green grapes whole, 1 fresh pineapple cut in small segments, 1 cup of blueberries if they are in season, sliced peaches may be added to this, and sliced pears either fresh or canned, if canned they should be well drained. Canned whole apricots are a tangy but sweet addition. Add 1 qt of strawberries reserving half for a garnish.

For a hot summer day arrange all these fruits on a large platter in the form of a fan, the ribs of the fan may be watermelon with peels left on, the fruits arranged between, making a pattern. Use strawberry rose dressing over this. Extend it by beating a cup of sour cream into the mixture, reserve a few large and perfect strawberries and sprinkle all with some rose petals. Violets may also be used for garnish if they are available.

STRAWBERRY SALADS

Fresh pineapple, or canned, whole and drained, 1 can of peach halves, 1 can of pear halves, 8 oz. of cottage cheese. Arrange cottage cheese on lettuce or water cress leaves, place halved fruits in a wheel arrangement around the plate, slice strawberries lengthwise, place on fruit, peaches and pears and pineapple, use a honey dressing.

HONEY DRESSING — 1 cup of honey, 1 clove of garlic crushed, 1 tsp of rosemary, 1 tbs of parsley, $\frac{1}{4}$ tsp basil, pinch of thyme, $\frac{1}{4}$ cup of poppy seeds, juice of 1 lemon, whip all together, refrigerate for 1 hour or more. Put in a pitcher and spoon over salad just before serving.

STRAWBERRY LOW CALORIE DESSERTS

A few dieters recipes with strawberries and no sugar

It is necessary to have fresh strawberries for these recipes, prepared and frozen berries usually contain sugar.

PINEAPPLE STRAWBERRY APPETIZER — COMPOTE

1 pint of strawberries, hulled and chilled, 1 fresh pineapple, peeled, cored and diced, 8 ozs. low calorie cottage cheese, juice of 1 orange or $\frac{1}{2}$ cup of unsweetened orange juice. Mix the pineapple with the cottage cheese, slice half the strawberries, add to the cheese, mix with the orange juice and top with whole strawberries.

Arrange this in a glass compote, garnish with slices of fruit and strawberries with the hulls. Refrigerate until very cold. Serve with a very dry white wine.

STRAWBERRIES GRAPEFRUIT IN CHAMPAGNE

Prepare fresh strawberries, remove hulls, best use 1 pint, 1 large grapefruit, cut into segments, 1 orange and 1 bunch of green grapes. Mix fruit in a glass or pottery bowl. 1 small bottle of champagne (a split will do). Pour this over the fruit. Refrigerate until very cold.

Serve in champagne glasses with a glass of champagne as an appetizer or it may be used as a dessert. If you are accustomed to enjoying your desserts without sugar, this will please you; if you long for a sweet taste, try one envelope of artificial sugar in mixture before you refrigerate the fruits.

STRAWBERRY BANANA FRUIT SALAD

1 8 oz. package cottage cheese (low calorie), 1 pint of strawberries, 3 ripe bananas, $\frac{1}{2}$ cup orange juice, $\frac{1}{4}$ cup raisins. Peel and slice banana, hollow the center to hold cottage cheese, cover with orange juice, arrange the strawberries on pieces of lettuce in a circle of cottage cheese, sprinkle all with raisins and orange flower with water.

STRAWBERRY, VEGETABLE AND FRUIT SALAD

This is an unusual treatment for this usual dessert berry, but it is intriguing in appearance and taste.

Chop 1 head lettuce, 1 head chicory and endive in fine pieces, slice 2 small cucumbers, chop 4 stalks of celery, 2 large sweet onions, Italian red are best, 4 apples cut into small pieces, 1 ripe melon cut into small pieces, 1 cup of chopped parsley and two cups of strawberries.

Wash, hull and slice 1 cup of berries, leave the second cup whole. Toss all but the latter together, add the following dressing.

1 cup olive oil, 1 clove fresh garlic crushed, $\frac{1}{2}$ cup lemonjuice, $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ cup poppy seed, $\frac{1}{4}$ cup sesame seed, 2 tbsl sherry. Mix all together, pour over the fruits and vegetables, toss, then arrange in a white pottery bowl, decorate with the whole red strawberries. Serve with rose wine and rose petal sandwiches, sprinkle with almonds.

STRAWBERRY AND MELON SALAD

2 very ripe bananas, cut in halves, remove seeds. Fill the melon with $\frac{1}{2}$ cup strawberries, slice 1 banana, arrange pieces around inside of melon. Use $\frac{1}{2}$ cup of orange juice and $\frac{1}{4}$ cup of Kirsch mixed over each half, sprinkle generously with coconut. Chill until very cold.

EXOTIC STRAWBERRY AND ROSE SALAD

This must be made in late May or June when the first roses are blooming. Use only unsprayed rose petals. Gather 2 cups of old sweet roses, pick them over carefully, sprinkle with Kirsch. Use 2 cups of whole strawberries and mix with 1 cup of finely chopped Sweet Cicely leaves. Toss rose petals, Sweet Cicely and berries together. Line a bowl with large Cicely leaves, pick some fine fresh rose petals to use as a garnish. Cover with the following dressing:

1 cup of honey mixed with $\frac{1}{4}$ cup of anisette liqueur. Garnish with the rose petals, place a small rose or a rose bud on the top of each serving. Sprinkle lightly with slivered almonds.



STRAWBERRY AND VIOLET SALAD

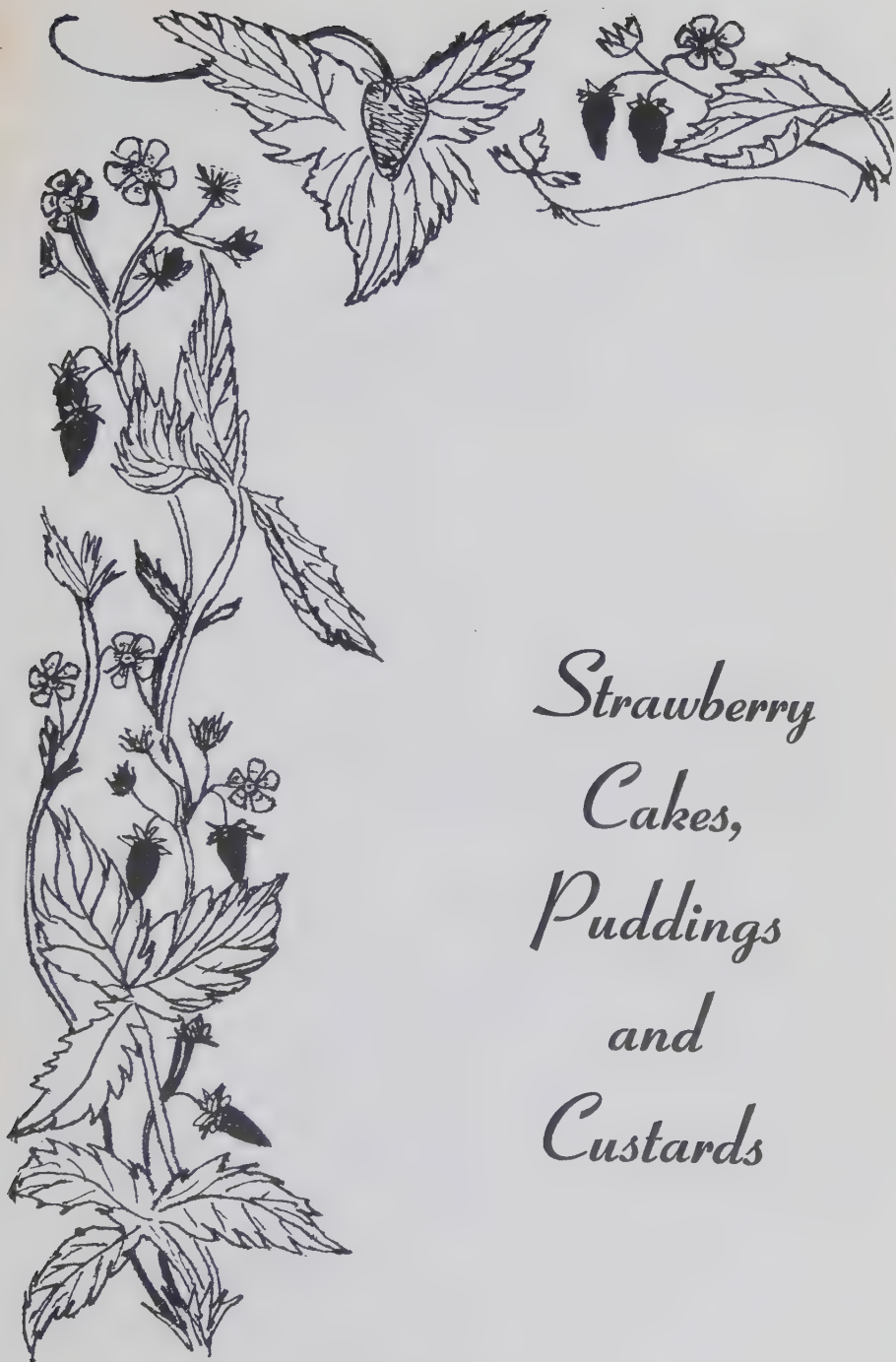
Pick 2 cups of good violet leaves, mix with two cups of chopped lettuce. Gather 1 cup of violet flowers. Toss all flowers and leaves with 2 cups of strawberries. Dress with a dressing made of 1 cup honey, $\frac{1}{2}$ cup of lemon juice and $\frac{1}{4}$ cup sweet liquer.

These salads are a delight to the eye, they are filled with vitamins and they add new flavors to the menu.

MIXED FLOWER SALAD WITH STRAWBERRIES

Gather from garden Calendulas, violets or violas, bachelor's buttons, violets, rose petals, enough to make two cups full. add 1 cup sliced strawberries and 1 cup of whole berries, chop 1 head of crisp lettuce, toss all together only reserving 1 cup of whole berries and a few of each flower for garnish.

Make a dressing of 1 cup of olive oil, $\frac{1}{4}$ cup of lemon juice, $\frac{1}{2}$ cup honey, pour over berries and flowers, arrange in a decorative bowl, garnish with whole fruit and flowers.



*Strawberry
Cakes,
Puddings
and
Custards*

STRAWBERRY PUDDING

2 cups of strawberries.

Combine 2 cups of sifted flour, $\frac{1}{4}$ cup of sugar, 4 tsps baking powder, pinch of salt, add 2 eggs beaten with $\frac{1}{4}$ cup of melted butter, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ tsp of grated nutmeg.

Combine dry ingredients, whip together with $\frac{3}{4}$ cup of milk. Put strawberries in a separate bowl, mix with 2 tbs flour and $\frac{1}{4}$ cup sugar. Cover a pie plate with a thin coating of the dough, spoon strawberries over this layer, cover with the remaining dough. Bake in a very hot, preheated oven for 20 minutes until the top is brown. Remove from oven, while the top is warm sprinkle with vanilla sugar. Serve with ice cream.

Vanilla sugar is made with (preferably) superfine sugar. Use 1 bean to grind very fine to a pound of sugar, add the other bean (usually 2 come in a package) store in a covered jar until ready to use.

STRAWBERRY JELLY ROLL

Put in a bowl 4 eggs, $\frac{3}{4}$ tps baking powder, $\frac{1}{2}$ tps salt. Set over a smaller bowl of hot water and beat until foamy. Add $\frac{3}{4}$ cup of sugar, gradually beat very well until the batter is light and fluffy. Remove from the hot water, add 1 tps vanilla and fold in $\frac{3}{4}$ cup of cake flour. Use a shallow jelly roll pan, line it with wax paper and grease again. Bake in a hot oven, 400° for 12 to 15 minutes, turn on a clean towel. Remove the paper from the back of the cake, sprinkle with superfine or confectionary sugar. Spread the cake with strawberry jelly, roll up and wrap in a towel or waxed paper, coll. Serve with fresh strawberries and a pitcher of whipped cream.

A STRAWBERRY LAYER CAKE

Cream $\frac{1}{2}$ cup margarine with 1 cup of sugar until light and fluffy. Beat 2 eggs well, add 1 tsp vanilla, mix well with eggs, sugar and shortening. Sift $1\frac{3}{4}$ cups of cake flour with 3 tps baking powder, add to the first mixture with $\frac{1}{2}$ cup milk. Bake in two 8" layer pans in a 375° oven for 25 minutes.

Whip with a wisk 1 8oz. package cream cheese with 1 pint of strawberries, save another pint whole or sliced for a garnish, add 1 tps lemon juice, $\frac{1}{4}$ cup of sugar, refrigerate, when cake layers are cold spread with the strawberry cheese, top with whole and sliced berries, garnish with sprigs of mint.

BREAD PUDDING WITH STRAWBERRY JAM

A delicious version of this old fashioned country pudding . . .

2 cups of fine dry bread crumbs soaked in 1 quart of milk. Blend together 1½ cups sugar, 3 tbs butter. Beat the yolks of 6 eggs until very light, add to the first mixture, season with vanilla and ¼ tsp almond extract. Mix with the milk and the crumbs, turn into a greased baking dish, do not fill it, but stop at two-thirds full. Bake in a 350° oven in a pan of water until a knife inserted comes out clean. This takes about one hour. Remove from the oven. While it is cooling, make a meringue from the six egg whites, beat in 2 tbs. sugar for each white. Spread pudding with a thick coating of strawberry jam and the meringue and bake in a moderate oven (350°) until the meringue starts to brown, 12 to 15 minutes. Serve with cream.

STRAWBERRY CUSTARD NO. 1

- 1 qt. milk
- 4 eggs
- 1 pinch of salt
- ½ cup of sugar
- 1 inch vanilla bean
- grated nutmeg
- 1 qt. strawberries

Make custard in double boiler. Scald milk over the boiling water; beat the eggs thoroughly, to which salt has been added, add sugar and beat. Stir a little of the scalded milk. Combine the whole mixture stirring constantly. Let it cook until it is the consistency of thick cream. If the vanilla bean is used, break off about an inch, open up the bean to get the seeds, grate the rest allow it to stay in the milk thru the whole cooking. If vanilla extract is used, put this in at the last. Add nutmeg.

Hull and prepare strawberries. Line a deep casserole with sponge cake, or angel cake 1" thick. Add 1 cup sugar to berries, crush most of them, reserve a few for the top, place strawberries over the cake in the casserole, cover with the custard, place in the refrigerator until very cold. Place whole berries on top. This can be served with dollops of whipped cream or ice cream.

STRAWBERRY CUSTARD NO. 2

Into 1½ cups of milk scalded and cooled, stir in 3 tbs sugar, 4 beaten egg yolks. Strain into individual custard cups and place in baking pan. Pour hot water into baking pan and bake custards in 350° oven for 15 min. or until custards are set. Puree 1½ cups strawberries, add sugar to taste, sprinkle 1 tsp sherry over each custard, and a layer of puree.

STRAWBERRY CUSTARD NO. 3

4 cups strawberries, combine with $\frac{3}{4}$ cup sugar, cook over low heat, stir in 2 tbs lemon juice, press berries thru sieve to remove seeds, cool. Scald 2 cups milk, in a bowl mix $\frac{1}{3}$ cup sugar, $1\frac{1}{2}$ tsp cornstarch, dash of salt and 2 beaten eggs, gradually stir in hot milk. Cook over low heat, stirring constantly using whisk until thick. Remove from heat, stir in 1 tsp vanilla. Let cool, blend in berry puree, spoon into sherbet glasses, garnish with sweetened whipped cream.

STRAWBERRY CREME POTS

Make $1\frac{1}{2}$ cups of puree, stir into $2\frac{1}{2}$ cups scalded heavy cream, add $\frac{1}{4}$ cup each sugar and orange liqueur. Beat 6 egg yolks until light and lemon colored. Add hot strawberry creme, stirring constantly. Strain thru fine sieve into 6 custard cups. Set in a pan with hot water, cover with wax paper. Bake in a moderate oven, 325° for 15 minutes. Chill, top with whipped cream sweetened, garnish with strawberries.

STRAWBERRY GELATIN

Crush 1 pint strawberries with $\frac{3}{4}$ cup of sugar, 1 tbs level unflavored gelatin, 2 tsp cornstarch, 1 tbs lemon juice, $\frac{1}{2}$ tsp salt, $\frac{1}{4}$ cup cold water, $\frac{1}{2}$ cup hot water.

Crush strawberries, cover with sugar, let them stand for 30 min., drain off juice, add cornstarch, salt and hot water to liquid, plus gelatin which has been softened in cold water. Boil until clear, stir constantly, add lemon juice, when cool add crushed strawberries. Pour into baked shell, chill in refrigerator.

STRAWBERRY CAKE

1 box white cake mix, 1 pkg. strawberry jello, $\frac{1}{2}$ cup cooking oil, 4 eggs, 1 cup water, $\frac{1}{2}$ pkg. 16 oz strawberries, thaw, drain and mash, save juice and berries. Mix all ingredients but berries, then stir in berries, bake at 350° for about 60 minutes in 10" tube pan. Pour juice of berries over the cake while warm.

STRAWBERRY FROSTING

1 box confectioner's sugar, 6 tbsp butter, $\frac{1}{2}$ pkg. strawberries drained and mashed, 1 tbs lemon juice.

STRAWBERRY REFRIGERATOR DESSERT

Soak 2 envelopes of plain gelatin in $\frac{1}{2}$ cup water for about 5 min. Set over boiling water to dissolve, mash $1\frac{1}{2}$ cups of fresh berries, add 1 cup sugar and heat until the sugar dissolves, add gelatin and stir until it cools.

Slit 2 doz. lady fingers, pour $\frac{1}{2}$ cup sherry or Cointreau over the lady fingers which will line the bottom of a bowl. Whip 2 cups of cream until stiff, flavor with vanilla and fold into the gelatin mixture, blend and add 1 cup whole strawberries. Pour into a bowl with the lady fingers, chill until gelatin sets, decorate with the whipped cream and fresh berries for the top.

FLAMING STRAWBERRY DESSERT

2 cups of strawberries

1 pound cake

1 cup sugar

½ cup brandy

Sweetened meringue from two eggs

Brandy to fill two egg shells for igniting

Place the pound cake on a large platter, cover with strawberries to which the sugar has been added with the ½ cup brandy. Top with meringue, pour warmed brandy into ½ egg shell, set afire and serve while flaming.

BAVARIAN CREAM, STRAWBERRY

3 cups strawberries, cook over low heat, stir frequently until they soften. Press thru a sieve, measure 1½ cups of puree, mix with 1/3 cup of sugar, 1 tbs of lemon juice, sprinkle 4 tsp of gelatin over 3 tbs cold water, let it soften for 5 min. Set gelatin over boiling water, stir until dissolved, mix into the berry puree. Chill in a bowl of ice, stir slowly until it thickens, fold in two egg whites beaten stiffly with ¼ cup sugar and 1 cup heavy cream, whipped until it holds a peak. Pour mixture into a 2 quart mould, chill until firm, unmould on a chilled dish, garnish with berries and whipped cream.

STRAWBERRY CHEESE CAKE

Yields 16 2" squares

Crush 24 graham crackers with a rolling pin, add 8 tbs butter, 1 3-oz. pkg. of cream cheese. Blend 1 cup granulated sugar and the cream cheese, add 3 well beaten eggs and mix well, pour into crust, bake at 350° for 30 min. Stir 1 carton (8 oz.) sour cream until smooth, pour over the first layer, bake 20 min. at 350°, set until cold. Dissolve 1 pkg. strawberry jello in 1 cup water, add 1 large pkg. of frozen strawberries, thawed and sweetened.

STRAWBERRY AMBROSIA

Run 1 quart frozen strawberries thru blender with ½ cup superfine sugar, add the juice of 1 lemon with 1 inch of vanilla bean, lacking the whole beans use 1 tsp vanilla. Place in refrigerator until very cold. Add 2 quarts of chilled Moselle or Sauterne, and 2 cups heavy cream. Combine and refrigerate. Serve cold in glasses garnished with whole strawberries.

STRAWBERRY MACARON MOULD

Use 1 cup macaroon crumbs, add 3 tbs. sugar, 1 egg yolk, 4 tbs. brandy, and 4 tbs. sugar. Whip 1 cup heavy cream until stiff, add 1 cup vanilla ice cream, and 1 cup sliced strawberries. Place all into a mould. Freeze for about 2 hours. Hull whole fresh strawberries, soak in brandy, roll in confectionary sugar, surround the mould with fruit.

STRAWBERRY CAKE

Use your favorite plain cake recipe, a plain cake mix, or the following:

1 cup sifted cake flour, 1 tsp baking powder, pinch of salt, $\frac{1}{2}$ cup cold water, grated rind of one lemon, $\frac{3}{4}$ cup of sugar, 2 eggs, whites beaten separately with 2 tsp. sugar until stiff. Mix dry ingredients together, add water and lemon rind to egg yolks and beat until increased in volume. Slowly beat in dry ingredients. Fold in whites. Pour into 2 ungreased layer pans. Bake in moderate oven about 30 minutes. Remove from oven, put on racks and cool. Wash and hull 1 qt. of fresh berries, or use 2 pkgs. thawed frozen berries. Place 1 cup of strawberry jelly in first layer, cover with top layer of cake. Reserve about half of berry mixture to add to plates as served. Whip $\frac{3}{4}$ cup of heavy cream. Top each serving with berries and cream. To make cake attractive for serving, cover with whipped cream and top with a pyramid of the best berries..

STRAWBERRY ANGEL CAKE

1 angel cake, or 1 box angel food mix, 2 10-oz. pkgs. of frozen strawberries, 1 3-oz. box strawberry flavored gelatin, $\frac{1}{2}$ cup sugar, 1 cup hot water, 1 cup of heavy cream whipped — 1 box of whole fresh strawberries. Bake cake in a 10" pan. Cool on a rack. Dissolve gelatin and sugar, add 1 cup of the syrup from the berries, chill until thickened slightly, cut cake in 1 inch pieces, arrange in a 13 - 9 pan, add drained berries to gelatin. Pour half over cake in dish. Top with remaining cake and rest of gelatin. Chill until set. Whip cream, flavor with a few drops of creme de menthe, and spread on top, and garnish with whole berries and green leaves of mint, arranged around the berries — woodruff leaves may be substituted for the mint and mint flavoring omitted.

STRAWBERRY PUDDING

2 cups sifted flour, $\frac{1}{4}$ cup sugar, $\frac{1}{8}$ tsp salt, 4 tsps baking powder, $\frac{1}{4}$ cup melted butter, $\frac{3}{4}$ cup milk, 2 eggs. Mix dry ingredients. Work in butter with pastry mixer. Add milk gradually. With knife beat in eggs. Toss on floured board and roll. Or use your own favorite recipe or use prepared biscuit mix. 2 cups strawberries, $\frac{1}{4}$ cup sugar, 2 tbs flour.

Cover a pan with a thin coating of biscuit dough. Spoon strawberries mixed with sugar and flour over dough. Cover with another thin layer of dough. Bake in a very hot oven - 425° for 20 minutes or until the top is brown. Sprinkle with vanilla sugar after removing from the oven while still hot.

STRAWBERRY MELBA

Place a layer of vanilla ice on the bottom of a silver dish. Cover this with a layer of sweet sponge cake, soak the cake with $\frac{1}{2}$ cup of sherry, sweeten 1 pt. of strawberries with 1 cup of sugar, let set for $\frac{1}{2}$ hour, cover cake with this mixture. Mix a thick puree of crushed strawberries and sugar, place over all, top with more of the vanilla ice. Place in the freezer until well set and serve in slices.

A DELICIOUS STRAWBERRY TRIFLE

1 sponge cake cut into layers 1" thick, 2 cups strawberries, $\frac{1}{2}$ cup heavy cream to whip, 2 cups cool soft custard, 1 cup macaroons, $\frac{1}{2}$ cup of sweet sherry.

For custard:

4 egg yolks, $\frac{1}{4}$ cup sugar, 2 cups milk or cream, 1" vanilla bean. Use a double boiler. In the top beat egg yolks, add $\frac{1}{2}$ cup sugar and 2 cups of milk which have been scalded with the vanilla bean. Put the pan over the hot water, stirring constantly until custard thickens. Beat egg whites with cream of tartar, and $\frac{1}{8}$ to $\frac{1}{4}$ cup sugar.

Line the bottom of a glass bowl with 1" of the sponge-cake. Sprinkle with $\frac{1}{4}$ cup sherry. Cover with strawberries, whip $\frac{1}{2}$ cup cream with 2 tbs. brown sugar, mix with 2 cups of custard. Cover with strawberries. Crush enough macaroons to make 1 cup. Cover with another layer of the sponge cake. Pour sherry over all. Cover the top with the remaining whipped cream mixture. Garnish with strawberries and dollops of egg whites.

Sponge Cake

Beat the yolks of 6 eggs until thick and creamy. Add 1 cup of sugar gradually. Continue to beat for three minutes, add 1 tbl. lemon juice, grated rind of 1 lemon. Beat the whites of the eggs with $\frac{1}{8}$ tsp. of cream of tartar and a pinch of salt until they are stiff and peak. Add gradually to the yolks and sugar. Fold in 1 cup of flour and $\frac{1}{4}$ tsp of salt and $\frac{1}{4}$ tsp of grated nutmeg. Use a rubber spatula to cut in flour and ease batter into an angle cake pan or a deep narrow pan. Bake in a slow oven for 1 hour.

A true sponge cake does not use baking powder or any rising properties, but depends upon the air beaten in to make it light.

Sponge Cake

This is an inexpensive cake, not the classic sponge method, but one which turns out very well.

Beat the yolks of 3 eggs until creamy. Gradually add 1 cup of sugar, beating constantly. Sift 1 cup of flour with 2 tsp. baking powder and $\frac{1}{4}$ tsp grated nutmeg, $\frac{1}{4}$ tsp salt. Add to the cup of flour with 1 tbl of hot water and 2 tbl of lemon juice. Beat the whites of eggs with pinch of salt and $\frac{1}{4}$ tsp of cream of tarter, cut into the batter. Scoop into a buttered and floured cake pan. Bake 35 minutes in a moderate oven. When baked and cooled, slice across, so that you will have two layers for the trifle.

STRAWBERRY TORTE

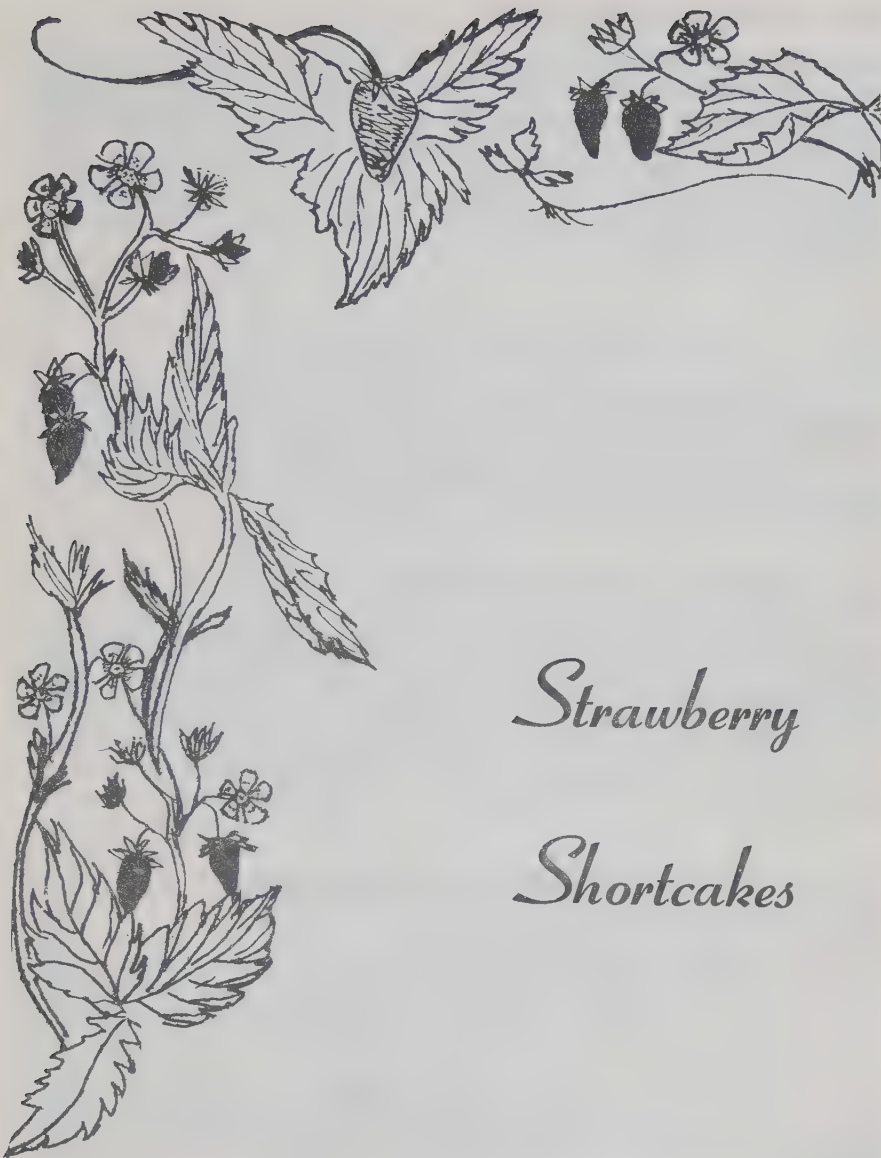
Add 1 heaping tbls of butter to 1 cup of sugar and 4 egg yolks. Mix well. Sift 1 cup flour with 1 tsp baking powder. Add to the eggs and sugar mixture with 4 tbls milk. Spread the batter in thin layers on 2 buttered layer pans. Beat 4 egg whites until stiff, gradually beat in $\frac{1}{2}$ cup sugar. Spread the meringue on the batter. Bake the torte layers in a moderate oven for about 30 minutes. Remove layers, let cool. Combine 1 qt. strawberries with whipped cream. Spread in layers over torte. Decorate with strawberries. Very good! (Meringue will keep in refrigerator.)

STRAWBERRY SLUMP

Wash 4 cups of strawberries. Put in deep 1 qt. baking dish. Sprinkle with $\frac{3}{4}$ cup of sugar. Sift together 1 cup flour, $\frac{1}{4}$ cup sugar, $1\frac{1}{2}$ tsp. baking powder, and 2 tbls melted butter. Stir batter until it is smooth and pour over strawberries. Bake the Slump in a moderate hot oven for 40 to 45 minutes and serve hot with cream. Serves 4.

STRAWBERRY MUFFINS - - Very Good (Best Cold)

Sift 2 cups flour with $\frac{1}{4}$ cup sugar, 1 tbls baking powder, $\frac{1}{2}$ tsp salt. Beat 1 egg in 1 cup milk, add $\frac{1}{4}$ cup vegetable shortening (if oleo or butter, it should be melted, or use vegetable oil), mix lightly. Butter tins and fill about $\frac{1}{2}$ full. For strawberry muffins, make a thick puree of the sweetened berries, add a little flour for extra thickening, place muffin holders of fluted paper in each place in the tin. Place a tbl of dough in each muffin tin, add 1 tbls strawberry fruit in each holder, then fill with the muffin batter. Bake in a hot oven for about 25 minutes. Let cool before removing from muffin tins, otherwise strawberries will run.



Strawberry

Shortcakes

How very good our forefather's strawberries were, we have proof in old Isaac Walton's happy words: "Indeed, my good scholar, we may say of angleing as Dr. Boteler said of strawberries 'Doubtless God could have made a better berry, but doubtless God never did' "

STRAWBERRY TURNOVERS

Combine $\frac{1}{4}$ lb. of cream cheese with $\frac{1}{4}$ cup of softened butter and work in $\frac{3}{4}$ cup sifted flour with a pinch of salt. Form dough into a ball, wrap in wax paper and chill 24 hours, or roll dough $\frac{1}{8}$ " thick and cut into 2" to 4" squares. Mix 1 cup strawberries with $\frac{1}{4}$ cup of sugar and put 1 to 2 tbs. in center of each square. Fold into triangles, crimp edges, arrange on a buttered and floured tin. Bake until crusts are golden brown. Sprinkle with confectioner's sugar.

BANANA AND STRAWBERRY SHORTCAKE

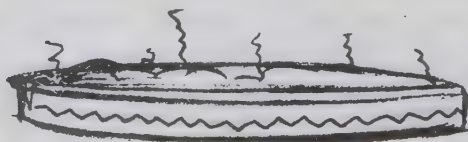
A favorite of childhood days when bananas were a rarity in little towns in Vermont. They were saved for a Sunday treat. Prepare strawberries as usual with sugar. Add two ripe bananas to the berries. Spread on shortcake biscuit, garnish with whole berries and slices of bananas.

SOUR CREAM AND STRAWBERRIES (Southern Style)

1 cup sour cream, $\frac{1}{2}$ cup brown sugar, and 1 pint of berries Spread this over a biscuit dough made as follows: $1\frac{1}{2}$ cups of biscuit mix, add $\frac{3}{4}$ cup sugar, 3 tbs. soft butter, 1 egg, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ cup sour cream, 1 tsp vanilla extract. Combine, beat at low speed in beater or with a whisk by hand for at least 1 minute. Bake in a moderate oven about 40 minutes. Takes a 9" pan. Serve with sour cream topping. Best if served warm.

BROWN SUGAR STRAWBERRY SHORTCAKE (for a Southern Flavor)

2 cups of flour creamed with $\frac{1}{2}$ cup of brown sugar, and $\frac{1}{2}$ cup of butter, 3 tsps. baking powder, $\frac{1}{2}$ tsps. salt. Add 1 scant cup of milk. Place on a floured board, press with hands into a thickness of 1 inch. Cut into circles, bake on baking sheets for 25 minutes in a hot oven. Remove from oven, split and butter lightly. Have 2 pints of strawberries hulled, add $\frac{1}{2}$ cup of brown sugar. Pour over the shortcakes. Top with whipped heavy cream.



STRAWBERRY SHORTCAKE - - Vermont Style

This was always made with the small wild sweet strawberries that took hours to pick and hours more to hull and prepare. They were worth it tho' Shortcakes at my grandfather's farm were very ample, never made in individual servings as we do them today.

The cake was always a soda biscuit, which meant a cream of tarter and soda biscuit. It was baked in large pie plates. The dough puffed up to such an extent that it could be split in two and was often made in four layers. Each layer was buttered. Sugar was put over the berries after hulling them. Thick cream was skimmed from the milk pans which were "set" in the summer kitchen that was known as the "milk room." Sometimes the cream was whipped with sugar, but often it was so thick that it quickly turned to butter with the beating, so it seemed better to use it without risking the effect of the beating.

The shortcake was prepared sometime before the meal and was oozing with berries and cream when it was ready to serve. A lot of the juice soaked into the biscuit so that every morsel tasted of strawberries. No shortcake will ever taste quite like this again, but to make one that is similar with the items available, the following directions are a reasonable facsimile:

4½ cups flour, ½ tsp salt, 2 tsp soda, 5 tsp cream of tartar, 2 tbl butter, 2 cups milk. Sift dry ingredients 4 times. Add milk and butter. Roll out 3 " thick. Cut into individual biscuits or cover a pie plate. Bake ½ hour in a hot oven. Let cool, split into two parts, spread with butter.

Prepare 2 packages frozen, sliced strawberries, 1 pkg. whole berries, whipping cream.

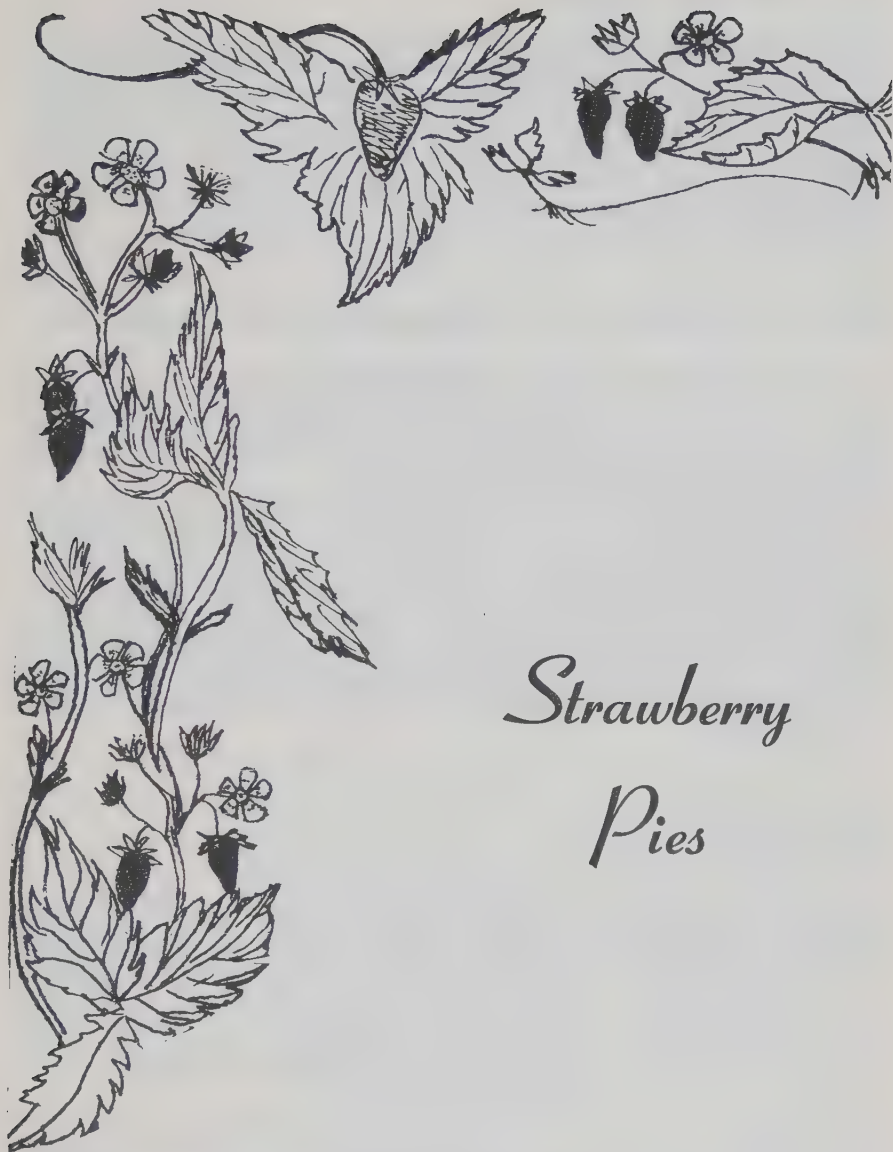
Crush the sliced strawberries in ½ cup sugar, spread over the first layer, spread with a thin layer of whipped cream, place other half of the biscuit dough over the berries, cover with a layer of the sliced berries and a thick layer of slightly sweetened whipped cream. Dot the top with the whole berries.

If it is more convenient to make the above dough recipe into small individual servings, it does very well.

STRAWBERRY SHORTCAKE - Old Time Style - Country Recipe

Cut berries, let them stand with sugar about ½ hour. Allow 2 qts for a full-sized shortcake. Use enough biscuit dough for two tins, about four cups bisquick, add 2 eggs to this and ¼ cup sugar. Reduce the amount of milk slightly as the eggs make more liquid. Bake these in a layer cake tin. Split the layers while they are hot, butter, put the berries between the layers and on top. Whip cream and serve in a bowl to be spooned over each serving, or use heavy cream poured from a pitcher at the table, not whipped.





Strawberry Pies

Bonny lass, canny lass, wilt'a be mine?
Thou'se neither wash dishes, nor sarrah the swine,
Thou shalt sit on a cushion, and sew up a seam,
And thou' shalt eat strawberries, sugar and cream.

An Old Rhyme

STRAWBERRY KUCHEN

Sift together 2 cups flour, 2 tbs sugar, $\frac{1}{4}$ tsp each baking powder and salt, working in $\frac{1}{2}$ cup butter with pastry blender until mix is mealy. Press dough firmly on bottom and halfway up the sides of an 8" baking pan and chill. Use 4 cups of strawberries prepared. Fill shell with berries, sprinkle with 1 cup sugar mixed with $\frac{3}{4}$ tsp cinnamon. Bake in a hot oven — 400° — for 15 minutes. Mix 1 cup sour cream with 2 egg yolks. Pour over the berries. Bake 25 min. more. Serve at room temperature.

SWEET WOODRUFF AND STRAWBERRY MAY WINE PIE

1 $\frac{1}{2}$ cups evaporated milk, $\frac{3}{4}$ cup sugar, 3 egg yolks, Pinch of salt, 1 envelope of gelatin, $\frac{1}{4}$ cup dry white wine saved from the May bowl (flavored with woodruff), 3 tbs brandy, 3 stiffly beaten egg whites, $\frac{3}{4}$ cup of heavy cream, 1 doz. whole berries soaked in brandy, 6 sprigs of woodruff.

Use a double boiler for mixing milk, sugar and egg yolks, cook until the custard coats a spoon. Soak 1 envelope gelatin in the woodruff wine for 10 minutes. Stir into the hot custard. Place over cracked ice and stir until it is thick. Add 3 tbs. brandy, fold in stiffly beaten egg whites and whipped cream. Place in a prepared baked pie shell. Arrange strawberries on top of the pie with woodruff leaves to look as tho' they were growing. Serve chilled with a glass of May Wine — it helps to make a happy spring!

STRAWBERRY TARTS

Tart Pastry

$\frac{1}{2}$ cup butter creamed, $\frac{1}{2}$ tsp salt, 1 tbs sugar, 1 egg. Mix. Blend in 2 cups sifted flour — use a blender, fork or hands — until mix is coarse meal. Gradually add 4 to 5 tbs of cold water to make a firm dough. Add 1 crushed cardamon seed to this crust. Cut water in lightly, do not work the dough. Roll $\frac{1}{4}$ " thick, cut 6 small circles. Line 6 tart pans, prick with fork, brush with milk. Bake in 400° oven about 30 minutes. Cool.

Tart Filling

Spread cooled tart shells with whipped cream. Arrange washed and hulled strawberries on the cream, spread a glaze of strawberry jam heated until soft with 2 tsps of cornstarch, 1 tbs Kirsch. Spread over berries and whipped cream.

STRAWBERRY PIE

Put 1 cup of biscuit mix into a bowl, add $\frac{1}{4}$ cup of butter and 4 tbs full of boiling water. Stir with a fork to form a ball. Pat into a 9" pie tin. Bake in a very hot oven 8 to 10 minutes. Cool. Prepare 1 qt. of strawberries, cook slowly 1 cup berries in $\frac{2}{3}$ cup of water 3 minutes until berries soften. Blend 1 cup sugar, 3 tbs cornstarch, 1 pkg. cream cheese, 2 tbs cream (3 ozs.) and $\frac{1}{3}$ cup of water. Stir into berry mixture and cook until thickened. Put remaining berries in a pie shell, cover with cooked mixture and chill 2 hrs. until firm. Beat cream cheese until fluffy, add 2 tbs of cream, $\frac{1}{4}$ tsp vanilla. Force thru a pastry tube to garnish edge of pie.

ALMOND STRAWBERRY CREAM PIE

4 egg yolks, 4 tbs sugar, 1 cup hot milk, 1 tsp vanilla or vanilla bean, 4 egg whites, 2 cups heavy cream flavored with almond, 2 cups crushed strawberries, $\frac{1}{4}$ cup toasted almonds, $\frac{1}{4}$ tsp almond extract.

Beat 4 egg yolks, 4 tbs sugar thoroughly, stir in hot milk. place in double boiler over boiling water, stir constantly until the mixture thickens. Grind 1 inch of a vanilla bean and add. Stir over cracked ice until it is cold. Beat whites until they are stiff and fold in cream which has been whipped and sweetened to taste. Fold in custard and 2 cups of strawberries crushed.

Use the following recipe for a pie shell: --

1 cup flour, $\frac{1}{3}$ cup butter, $\frac{1}{2}$ tsp salt, 3 tbs cold water, $\frac{1}{4}$ cup sesame seeds, $\frac{1}{4}$ tsp almond extract.

Cut in shortening mix until it is like meal, add sesame seed and almond extract and roll into a ball. Roll out until it covers your pie plate, dot with butter (about 1 tbs). Bake the pie shell until faintly brown. Cool, fill with the strawberry filling, sprinkle the almonds over the top. Keep well chilled until serving time.

STRAWBERRY CHIFFON PIE

1 envelope of gelatin, $\frac{1}{4}$ cup of brandy, 4 egg yolks, $\frac{2}{3}$ cup of sugar, pinch of salt, 1 tbs lemon juice, $\frac{1}{2}$ cup pulp and juice of strawberries, $1\frac{1}{2}$ cups of strawberries, 4 egg whites stiffly beaten.

Soften gelatin in brandy for 10 minutes. Separate eggs carefully. Beat egg yolks with sugar until light. Add lemon juice and $\frac{1}{2}$ cup crushed berries. Cook in double boiler until it thickens. Add gelatin, remove and stir over cracked ice until it cools. Chill until thick, then add $1\frac{1}{2}$ cups strawberries and the stiffly beaten egg whites. Pour into a prepared pie shell and serve very cold.

STRAWBERRY WOODRUFF PIE (Makes 2 pies)

Bake 2 pie shells.

Mix 1 8-oz. pkg. cream cheese, $\frac{1}{2}$ cup sugar with 3 tbs lemon juice, 1 tsp lemon rind, 2 tbs cream. Cream until of whipped cream consistency. Line the prepared pie shell with the cream mixture, fill with whole strawberries, and make a glaze of 3 cups strawberries, 1 cup sugar, and 3 tbs of cornstarch. Mash berries and let them stand with sugar for $\frac{1}{2}$ hr. Add sweet woodruff leaves that have been soaked in wine. Add sugar and cornstarch to the berries and cook until thick and clear. Cover the top with whipped cream.

DEEP DISH STRAWBERRY RHUBARB PIE

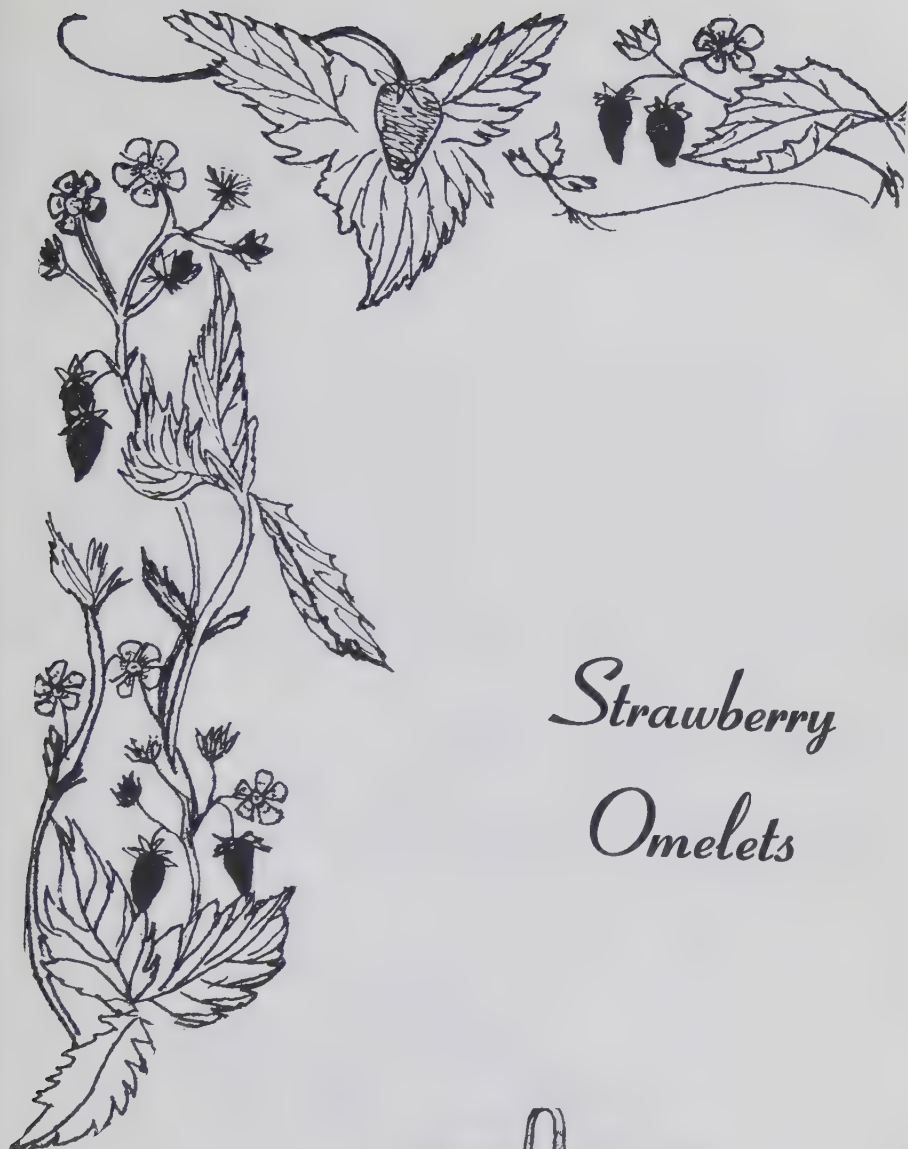
Line a 2-qt. dish with pastry made in the following manner:

Mix $1\frac{1}{2}$ cups of flour with 1 tsp salt, $\frac{2}{3}$ cup soft vegetable shortening, add 3 tbs cold water, 1 tbs at a time. Add 4 cardamom seeds (which have been finely crushed) to the mixture. Roll pastry to $\frac{1}{4}$ " thickness. Line a 2-qt. dish. Bake pie shell separately in hot oven about 15 minutes.

Filling

Bring to a boil 2 1-lb. pkgs. rhubarb, let simmer for 5 minutes. Stir in 1 cup sugar to which has been added $\frac{1}{4}$ cup of flour (or use cornstarch) for thickening. Add 1 qt. of strawberries. Heat gently. Serve with cream or hard sauce.





*Strawberry
Omelets*





A STRAWBERRY OMELET -- Servings for Four -- (Very good!)

4 eggs, 2 cups fresh strawberries or frozen whole strawberries, 4 tbs of cream, 1 tsp salt, $\frac{1}{4}$ cup of butter, $\frac{1}{2}$ cup of sugar.

Place butter in pan and heat until very hot as it just begins to smoke. Beat eggs, cream and salt together with whisk or egg beater. Place in the omelet pan, cook until edges curl. Add 4 tbs of the strawberry mixture. Gradually lift with spatula the sides of the omelet, fold over, and remove from fire. Add sugar to the berries and pour over the omelet. Serve garnished with fresh strawberry or woodruff leaves.

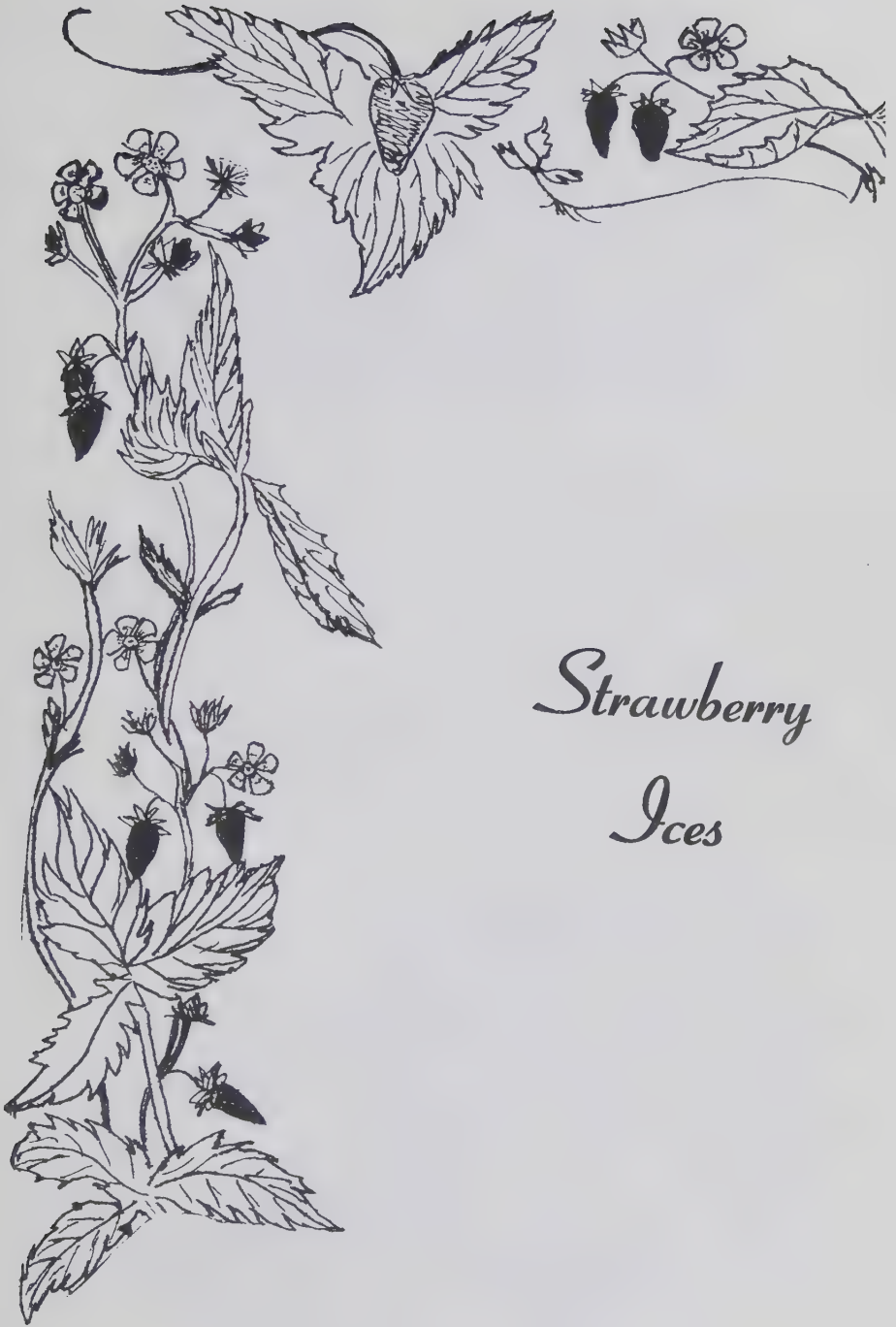
STRAWBERRY WOODRUFF OMELET

For this you need Sweet Woodruff jelly and a cup of strawberries.

Make omelet as above. Place a spoonful of the Sweet Woodruff jelly in the finished omelet and top with strawberries. Garnish with the Sweet Woodruff leaves.



SWEET WOODRUFF



*Strawberry
Ices*



REFRIGERATOR STRAWBERRY ICE CREAM

2 qts. strawberries sprinkled with $\frac{1}{2}$ cup sugar. Let stand for $\frac{1}{2}$ hour, crush thru' a strainer, add $\frac{1}{2}$ tsp salt. Heat 2 cups cream in double boiler, pour over a beaten egg yolk, cook stirring until smooth. Cool. Add syrup and put in a refrigerator tray. Add strawberries just before beating for the last time.

STRAWBERRY PUREE

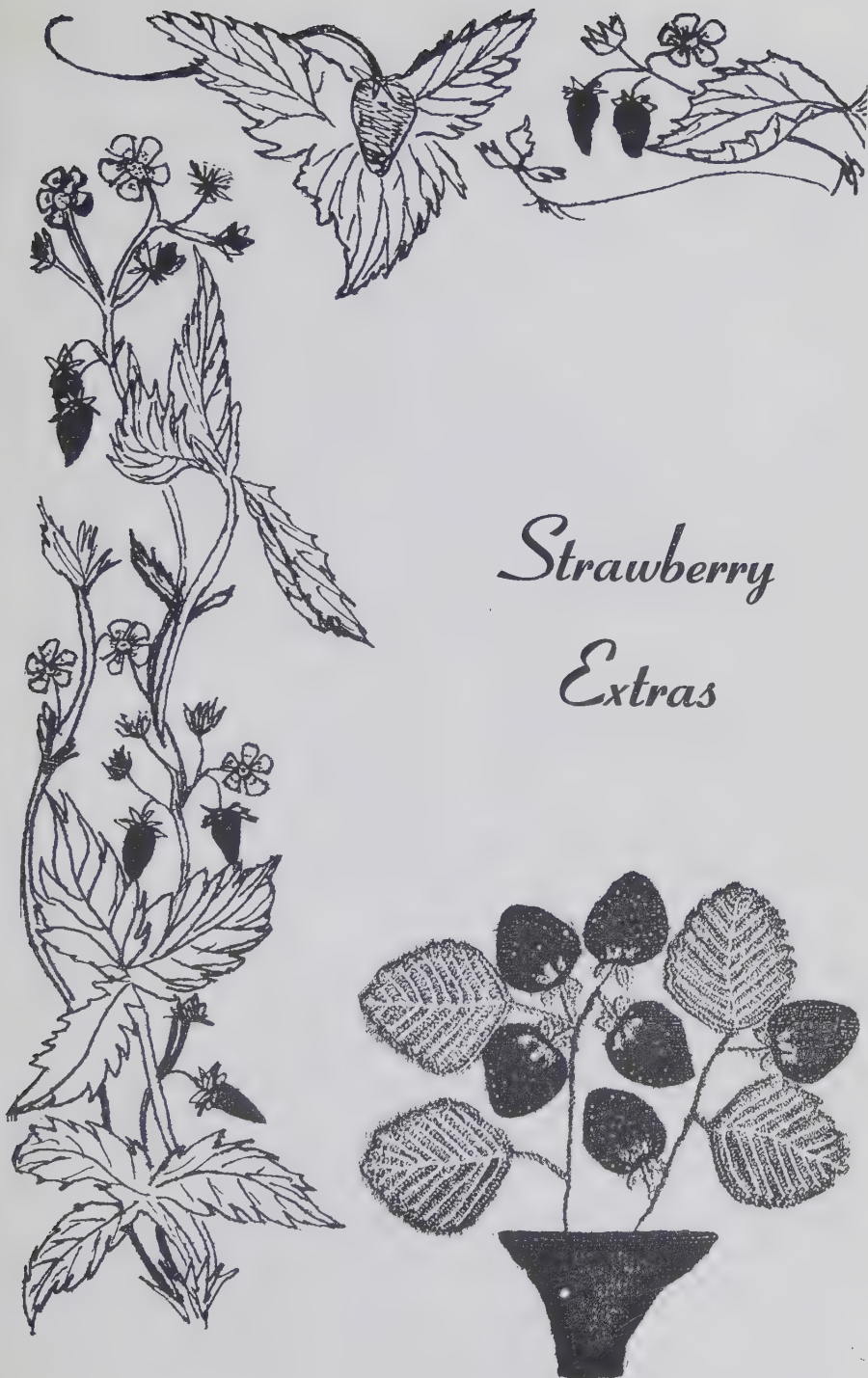
Work fruit thru' strainer, or puree in a blender, strain. Beat in sugar to taste. Pack in air tight containers. Freeze. Pare and cool 8 pears, 4 peaches peeled, 1 qt of strawberries, 1 cup heavy cream. Whip cream, use candied mint leaves, violets and wood-ruff leaves for decoration. Fill 6 sherbert glasses. Place fruit in glasses, spoon over cream in which the puree has been beaten, decorate and chill.

FRESH STRAWBERRY SHERBERT

Combine 1 cup of sugar, 1 cup water, and boil for 6 minutes. Cool. Stir in $1\frac{1}{2}$ cups strawberry puree, juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ lemon, pinch of salt. Pour into a refrigerator tray, freeze until mushy. Put in a chilled bowl, beat with a fork or whisk, return to the tray. Freeze again until mushy, put in chilled bowl, beat with whisk, return to the tray, freeze until frozen solid. Serve garnished with leaves and berries.

STRAWBERRY ICE

Mash berries thru' a strainer -- enough for 4 cups. Sugar syrup: 1 cup water to 1 cup sugar. Boil together five minutes. Combine syrup and berries. Refrigerate and pour over cracked ice in a tall glass. Garnish with fresh strawberries and strawberry leaves.



Strawberry
Extras

PRIMITIVE USE OF BERRIES

These berries grow as far north as Lapland and are used in the Christmas pudding of the Laplanders. This is called Kappatialmas, and consists of strawberries mixed with reindeer milk and dried into the form of a sausage.

STRAWBERRY UPSIDE-DOWN CAKE -- For a Winter Dessert

Butter a 9" pan. Cover with a mixture of 1 pkg of frozen strawberries, stir until soft, add the juice and the grated rind of one lemon, $\frac{3}{4}$ cup of sugar, 4 tsp of cornstarch; stir together until blended. In a separate bowl cream $\frac{1}{2}$ cup of butter with $\frac{1}{2}$ cup of sugar. Beat until light; add 1 egg, mix well until creamy. Sift $1\frac{1}{2}$ cups of flour with $\frac{1}{2}$ tsp salt and 2 tsp baking powder. Mix with $\frac{3}{4}$ cup of milk, beat until smooth, spread over the berries. Bake in a moderate oven for 30 minutes. This may be inverted after cooling and turned out upside down on a platter. Cover with whipped cream or ice cream. It may also be served as a cake, just sliced and not inverted.

STRAWBERRY RHUBARB SAUCE -- Serves many purposes

4 cups whole or sliced strawberries, 6 cups of fresh rhubarb, $\frac{1}{4}$ tsp salt, 1 tsp cinnamon, 2 cups sugar, $\frac{1}{2}$ cup all-purpose flour. Cook for about $\frac{1}{2}$ hour until mixture is thickened. This can be used as a strawberry rhubarb shortcake. Serve over sweetened baking powder biscuit. It is also a good pie filling. Keep it in a jar in the refrigerator and use as a dessert with an ice cream topping, or just serve it as a sauce with plain cake or homemade bread and butter.

STRAWBERRY LOG -- Attractive centerpiece on a summer table

Separate 4 eggs, beat whites until stiff, add $\frac{1}{2}$ cup of granulated sugar. Beat egg yolks until they are thick and lemon colored, add $\frac{1}{2}$ cup of granulated sugar and 1 tsp vanilla. Fold egg whites into the beaten egg yolks. Sift $\frac{3}{4}$ cup of flour with 1 tsp baking powder and add to the egg mixture.

Line an 8x10 pan with waxed paper. Do not grease. Spread batter evenly. Bake 12 minutes in a 375° oven. Sprinkle confectioners sugar on a tea towel. When the cake is done, turn on the tea towel, peel off wax paper, trim crusts. Cover with wax paper and roll lightly in towel. Cool. When cooled, open the roll, fill with strawberry filling, either jelly or filling below, again roll, place in refrigerator for no longer than an hour. To serve, remove wax paper, sprinkle with confectionery sugar.

Filling: Whip 1 cup of heavy cream, add $\frac{1}{2}$ cup granulated sugar, $\frac{1}{8}$ tsp vanilla, 1 pint of strawberries. 2 tbs flour if frozen berries. Blend and spread on the cake, roll up and chill. Serve in slices.

FRENCH! CREPES WITH STRAWBERRIES

First make a thin pancake. Melt $\frac{1}{2}$ cup butter, add 4 tbs sugar, and 6 tbs of curacao. Heat until boiling, add 2 pints strawberries, heat and stir constantly, add $\frac{1}{2}$ cup Kirsch, and 1 tbs of 190 proof alcohol. Set aflame. Top the crepe with strawberries, a dollop of whipped cream or ice cream, sprinkle with toasted sesame seeds and toasted almonds.

STRAWBERRY AND LEMON PUDDING with Woodruff

Put 6 beaten egg yolks in top of double boiler, add $\frac{3}{4}$ cup of sugar, stir slowly until well mixed, add 2 tsp grated lemon rind and $\frac{1}{2}$ cup of lemon juice. Stir and cook over gently boiling water for approximately 15 minutes until thick. Cool. Beat 1 cup cream until thick, fold into the lemon custard. Spoon into pudding dishes. Beat $\frac{1}{2}$ cup cream until thick and top the lemon custard with it. Then dip large fresh strawberries in sugar and place 4 on each pudding dish. Garnish with woodruff leaves soaked in white wine. Serves 8 generously.

ALCOHOLIC STRAWBERRIES

You will need Cointreau, Cognac and Grand Marnier.

1 qt. strawberries, hull, place in a bowl, marinate for 1 hour in the following: $\frac{1}{2}$ cup Cointreau, $\frac{1}{4}$ cup Cognac, 2 tbl Grand Marnier. Stir and allow to stand for another hour. Add to the berries and the liqueurs 3 cups cream, whipped until stiff, with a dash of $\frac{1}{8}$ tsp vanilla. Remove berries, fold in whipped cream. Top with coffee ice cream. Cut 6 baba's au rhum in half, top with ice cream and extra strawberries.

BERRIES FOR BRUNCH -- STRAWBERRY GRIDDLE CAKES

Beat 3 eggs, 2 tsp soda, 2 cups buttermilk or plain milk. Sift $2\frac{1}{4}$ cups flour, 1 tbl sugar, 3 tsp baking powder, 1 tsp salt. Gradually add the flour to the egg mixture. Beat after each addition. Batter will be thin. Stir in $\frac{1}{4}$ cup melted butter. Fold in 1 cup sliced strawberries. Bake on a hot greased griddle until brown. Turn only once. I serve these with brown sugar and strawberry syrup.

FOR SALAD OR A GARNISH WITH MEAT

We use the large canned peaches for this special dish.

I usually plan on 8 to 12 halves. Drain off liquid, arrange in a glass bowl. Prepare 2 cups of crushed or sliced strawberries with $\frac{1}{2}$ cup sugar, add 1 cup peach brandy to strawberries, fill centers of the peaches. Chill and serve with roast chicken or pork. These are delicious as a salad or in place of a fruit cup.

STRAWBERRY SOUFFLE

4 tbs. butter, 3 tbs flour, $\frac{3}{4}$ cup milk, 6 egg yolks, 3 tsp sugar, 2 cups strawberries, 4 tsp sugar, $\frac{1}{4}$ cup brandy, 8 egg whites beaten until stiff, 1 tbl sugar.

Melt butter in a saucepan, add flour, blend. Mix milk with a wire whisk, stir 3 to 5 minutes. Beat the egg yolks with sugar until creamy, mix the strawberries with the remaining sugar, add brandy, beat egg whites until stiff with small amount of sugar. Fold into the first mixture. Butter a baking dish or a souffle pan, garnish with whole strawberries. Bake in a 350° oven for about 30 minutes. Sprinkle with vanilla powdered sugar, serve with strawberry sauce.

STRAWBERRY TOPPING

Wash and hull 1 cup strawberries, or use sliced frozen berries. Put into small bowl of electric mixer with a dash of salt, the whites of 2 eggs, and 1 cup confectioners' sugar. Beat until very stiff. Bake a plain angel cake and serve as a topping.

VANILLA SUGAR

Place 1 lb sugar in a tight container. Use 2 vanilla beans. Slit one, remove the little black seeds and put them in the sugar (these are the most potent part of the bean), grind the rest of the bean very fine and add to the sugar. Place the remaining bean in the sugar and use as the directions call for. (This may be soaked in the milk of a custard, or an inch removed and chopped into the mixture of whatever recipe calls for fresh vanilla. If the whole bean is used, leave it in the hot mixture for a few moments -- 10 minutes -- then rinse and replace in sugar. I use a 5-lb apothecary jar.) Delicious with strawberries.

STRAWBERRIES AND ALMONDS

1 qt. fresh strawberries, $\frac{1}{4}$ cup Kirsch. Do not hull berries, sprinkle with Kirsch and 2 tbs confectioners' sugar. Chill. Whip 1 cup heavy cream with 1 tsp Benedictine, and serve in a bowl. Serve strawberries in a tall goblet. Place the slivered almonds in a bowl. Dip sugared berries in the whipped cream and almonds.

STRAWBERRY TOAST

Combine 1 6-oz. can evaporated milk with 1 egg beaten until blended, 1 tsp (or more to taste) vanilla sugar, $\frac{1}{4}$ tsp salt, dash of cinnamon. This should be enough for 6 slices of bread. Blend well, roll in 1 cup toasted cornflakes, finely crushed. Saute bread with topping in $\frac{1}{2}$ cup butter. Thaw 1 10-oz. package of frozen strawberries, place in a bowl, add $\frac{1}{4}$ cup sour cream. Spoon on to sauteed toast and serve.

A STRAWBERRY ROSE DRESSING (In the rose petal season)

1 6-oz. pkg. cream cheese, 1 cup orange juice, juice of 1 lemon, $\frac{1}{2}$ cup honey, 2 cups strawberries (fresh or frozen), rose petals from your finest, sweetest roses. Mix all first ingredients in blender, including strawberries. Fold in $\frac{1}{2}$ cup whipped cream, and add 1 cup rose petals. This should be done in June when the sweet old roses flower (before sprays are used). This may be served over a baking powder biscuit, over a fruit salad containing oranges, or slices of sponge cake.

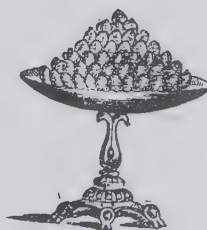
Remember, the rose is the queen of all the herbs, and is used in near-Eastern Turkish cookery. It was once an important ingredient in English and French cookery.

STRAWBERRY COBBLER -- A skillet dish

2 pkgs. strawberries, thaw and add $\frac{1}{4}$ cup water, $\frac{1}{2}$ cup sugar, pinch of salt. Blend 4 tbs cornstarch with 4 tbs water and stir into mixture. Bring to a boil and boil 2 minutes. Dot with 2 tbs butter (about one-quarter cup). For topping use 1 cup of biscuit mix, add 2 tbs sugar, $\frac{1}{2}$ cup light cream. Place berries in a 10" skillet, heat to boiling point, drop dough by spoonfuls into the mixture, cover and cook over low heat until biscuits are done. This is best served warm with ice cream, whipped cream or it's good just plain. An excellent dish for those with limited kitchen facilities.



Classic Strawberry Recipes



Refreshing strawberry recipes to combat the summer heat

Many of these are classic desserts and were created by famous chefs the world over to please discriminating patrons. Some are simple to prepare, but depend upon wines, liqueurs, marinating ingredients, and the quality of material for their excellence.

Strawberries marinated in wines or liqueurs make a delicate topping for ice cream. Kirsch has a special affinity to strawberries.

STRAWBERRIES AND CHAMPAGNE

Chill a silver bowl until it is icy (nothing else but silver will do), fill it half full of cold, sugared strawberries, fill the bowl with champagne. Champagne must be very cold also. Place bowl on a wreath of strawberry leaves, set on a metal tray covered with wood mosses, or sphagnum moss. Place large strawberries on leaves around the bowl for decoration. Serve from bowl in champagne glasses which should be chilled.

STRAWBERRY CREAM WITH KIRSCH

1 qt. fresh strawberries or the equivalent in frozen berries. Marinate for 3 hours in $\frac{1}{2}$ cup Kirsch. Beat 4 egg yolks until they are creamy, combine with $\frac{1}{2}$ cup sugar, beat again. Heat until lukewarm 1 cup light cream with 1 inch of vanilla bean or 1 tsp vanilla. Place egg mixture and cream in top of double boiler combining carefully. Cook until it coats a spoon. Cool and chill for 1 to 2 hours, add $\frac{1}{2}$ cup Kirsch, whip 2 cups heavy cream and fold into the mixture. Chill thoroughly, stir frequently until needed. Place the strawberries in chilled glasses, pour the marinade over the berries, and top with the cream, extra Kirsch, and 1 large berry for each serving.

STRAWBERRIES CZARINA

This should be elegant. Choose your best silver bowl, place it in the refrigerator until it is icy cold. Cut a fresh pineapple in small chunks or use 1 cup canned chunk pineapple, cut candied ginger into small pieces, add 1 cup sugar, and $\frac{3}{4}$ cup of Kummel. Allow this to soak for 3 hours or more in refrigerator. Bring out the icy silver bowl, cover the bottom with pineapple ice cream (lacking this, stir some small pieces of the pineapple and 2 tbs of juice into vanilla ice cream), spread this over the bottom of the bowl, arrange a quart of fine strawberries on the ice cream. Put the pineapple and ginger mixture over the strawberries. Whip 1 pint of ice cold whipping cream with 1 tsp vanilla. When it thickens, add 6 tbs sugar. Cover the mixture in the bowl, chill a few moments in the freezer, until it is very cold, but do not let it freeze. Garnish the top with candied violets and Angelica leaves and a few fine strawberries. Fresh violets can be used when they are available. They will keep well for several hours and are edible.

STRAWBERRIES ROMANOFF

Use a silver dish and stand it on ice until it is freezing cold. Soak 1 qt. of the finest strawberries in 1 cup of Curacao and 1 cup of orange juice until they are saturated and well chilled. Put a coating of chopped ice in the chilled silver dish, arrange the strawberries on this. Cut thin slices of orange, spread over the berries, top with sweetened whipped cream (thick chilled cream with sugar and vanilla whipped in). Decorate with candied roses. A dessert fit for a Romanoff or a 20th century American.

STRAWBERRY MOUSSE

Beat 2 egg whites until very stiff. Beat in the rest of the ingredients: 1 tall can of evaporated milk, $\frac{1}{2}$ cup of orange juice, 1 cup of crushed strawberries, $\frac{1}{2}$ cup of May Wine (white wine with sweet woodruff). Freeze in refrigerator, stir occasionally. Serve with woodruff leaves and Kirsch or brandy, 1 tsp added to each serving.

STRAWBERRY CREAM DESSERT

1 cup sour cream, 1 cup sugar, put in blender, cover, start motor, uncover, add 4 cups ripe strawberries, cover, blend for 10 seconds until smooth. Pour into sauce pan, add $\frac{1}{2}$ cup claret, 3 cups water, heat, stirring slowly but constantly. Do not boil. Cool and chill. Serve in chilled bowls, garnish with strawberries.

STRAWBERRIES A LA IMPERATICE

Prepare rice, boiled as for pudding, sweetened, chilled. Put into moulds -- two sizes -- place larger on bottom of serving dish, smaller mould on top. They must be thoroughly chilled. Just before serving cover rice with a pint of large strawberries, sweetened with vanilla-flavored sugar.

STRAWBERRIES A LA MALTAISE (Berries in Baskets)

Sugar 1 qt. small strawberries, juice of 4 oranges cut into halves, add a little Curacao; cool on ice. Remove the insides of the oranges from which the juice is extracted making baskets of them. Line the insides with the green strawberry leaves and place strawberries in the basket for serving. Arrange on a dish filled with crushed ice.

STRAWBERRY CONDE

Prepare large strawberries, sugar the fruit and sprinkle with Kirsch. Place in refrigerator.

In a double boiler cook 2 cups rice in 2 cups of milk. When partially done add $\frac{1}{2}$ cup of sugar, vanilla bean and the yolks of 2 eggs. Cook until the rice starts to soften. Turn into a mould with a hollow center, place in a pan of water, allow it to cook until custard is set and rice tests done. Cool in refrigerator. Turn out mould on a decorative plate. Fill the center with the prepared strawberries, surround the plate with whole berries and a coronet of leaves. Crush 1 pt. of berries with sugar to taste and serve as a sauce for the custard.

STRAWBERRIES A LA CREOLE

Scop out the inside of a large ripe pineapple making a sizeable cavity. Discard the core, cut the remainder of the fruit into small bits. Save the top. Cover fruit with sugar and sprinkle with $\frac{1}{2}$ cup of kirsch or a good brandy, mix with 1 qt. of strawberries. Let the fruits soak in a cool place for 2 hours or more. Before serving fill the pineapple with the berries, chill thoroughly. Arrange crushed ice in a decorative bowl with the pineapple in the center. Place the top of the pineapple over the strawberry filling. Garnish with fresh mint leaves.

STRAWBERRY CARDINAL

There are many variations of this dish. This seems to be one of the best and easiest to prepare. All recipes call for a crystal bowl with layers of fruit.

Use thin strips of fresh pineapple, a layer of strawberries, a layer of fresh peaches, and quarters or slices of oranges. Top with a layer of strawberries. Refrigerate for at least 2 hours. Make a puree of strawberries mashed with sugar to which a quarter cup of kirsch has been added. Top the Cardinal with this mixture for a very tasty red hat. The strawberries are more attractive on a bed of cream, so use a small topping of cream.

These are traditional European Recipes

FRAISES CARDINAL

Chill 1 qt. of whole, carefully selected strawberries in a glass fruit dish. Make a puree of raspberries, 1 cup to $\frac{1}{2}$ cup sugar. Chop 1 cup of almonds until they are fine. Sprinkle over the berries. Serve very cold. This may be made with berries which are frozen whole, tho' naturally nothing equals the fresh fruit. Garnish this dish with the strawberry leaves if in season and a dollop of whipped cream.

STRAWBERRY COMPOTE NO. 1

Clean 1 qt. of whole strawberries. Make a boiling sugar syrup with 1 cup sugar, 1 inch of vanilla bean, and 1 cup boiling water. Put strawberries in a heat-proof dish, cover with the hot syrup, let it stand for an hour, chill in refrigerator. When properly chilled, pour 1 cup brandy over all and allow to cool again before serving. Serve with whipped cream if desired.

STRAWBERRY COMPOTE NO. 2

Make a syrup of 1 cup sugar with 1 cup water. Dissolve 1 tbl. flour in a little cold water. Stir into the mixture, until it thickens. Pour over 1 lb. pkg. sliced frozen strawberries. Chill and serve with vanilla cream. To make vanilla cream: Use 1 inch of a vanilla bean, add the seeds of the bean to the cream (seeds contain most flavor), and grate the rest into the cream. Sweeten with vanilla sugar.

STRAWBERRY CREME BRULEE

Beat 4 eggs until they are thickened. Beat in 3 tbs sugar, pinch of salt, pour in 2 cups cream which has been scalded. Stir, flavor with vanilla, pour in a shallow 1-qt. baking dish. Put dish in hot water. Bake in a moderate oven for about 1 hour. Cool. Chill before serving, top with sweetened strawberries.

CANNELON GLACE

Make a syrup of 2 cups sugar and 4 cups water. Add 2 tbs gelatin and set aside to cool. Add juice of 2 lemons and grated peel of one. Line a ring mould with the mixture, chill. When set, add 1 tsp gelatin to 2 cups cream. Whip until stiff, sweeten. Fill the center with the cream and pack in ice for an hour. Unmold on decorative plate, serve with sliced sweetened strawberries.

STRAWBERRIES BORDEAUX

Select fine berries, hull and sprinkle with vanilla sugar. Place in a glass bowl, pour 1 cup of Claret over berries. Chill for 1 hour or more. Serve cold, preferably in glass strawberry dishes. I use old pressed glass, on occasion sauce dishes in reproduction of Sandwich glass are attractive for this simple serving.

STRAWBERRY AND RHUBARB COMPOTE

A friend of mine spoke of this delectable dish with reverence and longing. It was made in the grandmother's house in quantities and stored in the refrigerator for after-school snacks. In the tall glass jar that he describes, it must have been delicious looking as well as fine tasting.

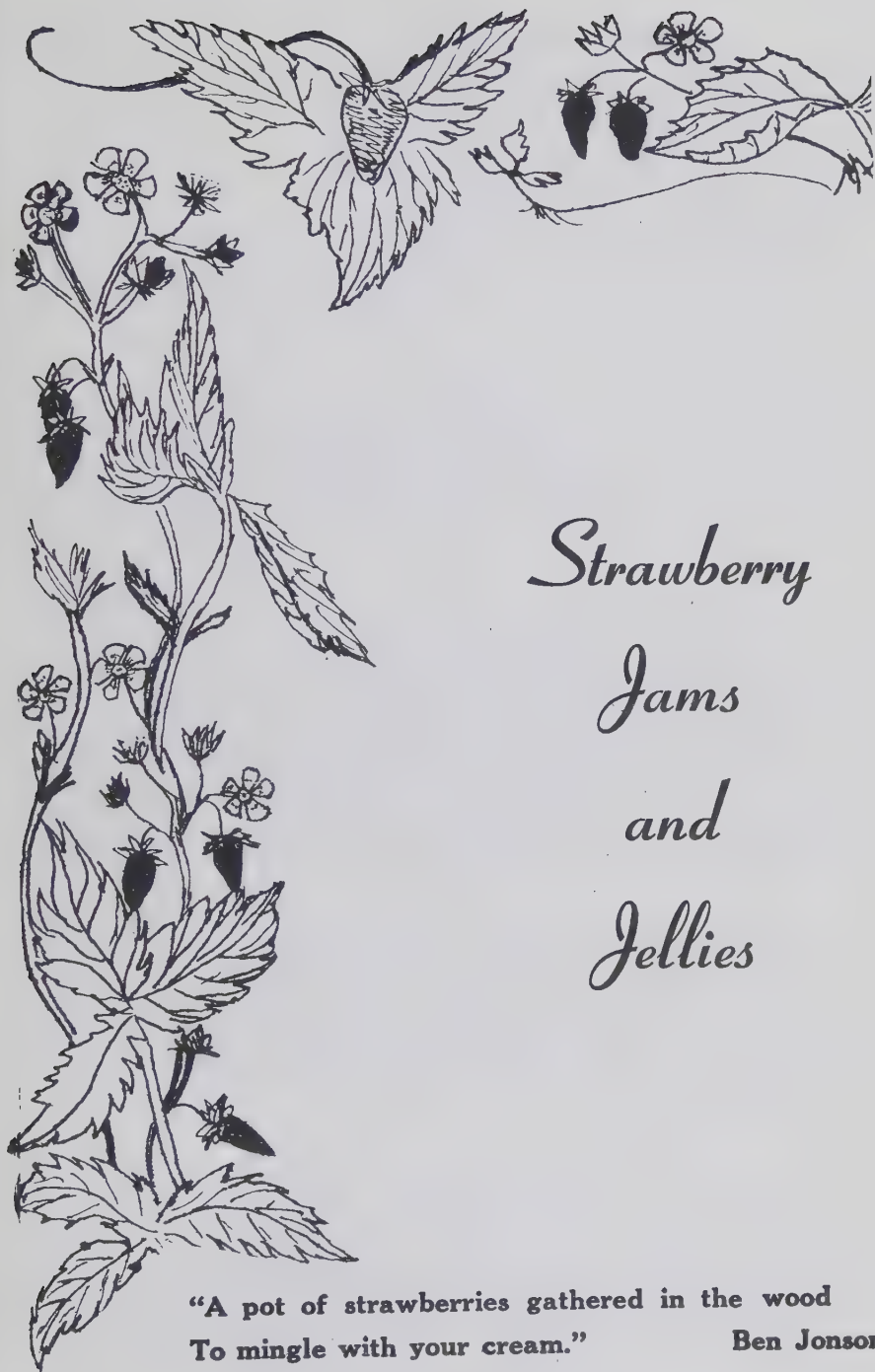
The Recipe

Wash 1 qt. of strawberries and 2½ cups of cut rhubarb. Cook rhubarb in 2 cups water, 4½ cups sugar until soft. When soft, lift the rhubarb out of the juice, and boil 1 qt. of strawberries in the juice for 2 minutes. Remove the berries, arrange strawberries and rhubarb pieces in a jar. Stir 2 tsp cornstarch with cold water until smooth. Stir all into the hot juice and let boil for 2 minutes stirring constantly. Pour over the fruit. Serve cold as a sauce, or with cream for a richer dessert. This is also good served over baking powder biscuit as a strawberry-rhubarb shortcake.

STRAWBERRIES CHANTILLY

4 cups of strawberries prepared. Flavor to taste with powdered sugar and vanilla extract. Whip 1 cup heavy cream with sugar, add to berries and chill for at least 2 hours.





Strawberry
Jams
and
Jellies

"A pot of strawberries gathered in the wood
To mingle with your cream." Ben Jonson

STRAWBERRY JAM

Add an equal amount of sugar to the amount of berries, thus 6 cups berries to 6 cups sugar makes the best jam. (Other good recipes call for 4 cups berries to 5 or 6 cups sugar.) To this very sweet mixture, add the juice of 2 lemons. Let berries set 5 or 6 hours until juice has settled. Bring to a boil over low heat. Boil 10 minutes. Do not remove from kettle until they cool. Skim and put into sterilized jars and seal.

For a different flavor, visit your herb garden and pick some fresh woodruff leaves. Boil about 6 sprigs with the jam. Select perfect leaves and add 1 to each jar.

ANOTHER STRAWBERRY JAM

Put 1 lb. sugar to 1 lb. berries in an earthenware bowl. Stir gently, do not bruise, allow to set for 24 hours. Use sugar and juice that has exuded from the berries. Place this juice in a saucepan, boil for 4 minutes. Place the berries in jelly glasses. Cook juice until it coats the spoon. Pour over berries.

STRAWBERRIES AND RHUBARB

Take equal parts of strawberries, rhubarb and sugar. To get right amounts these must be weighed or put into cups, the rhubarb peeled and chopped, the strawberries hulled. Mix each fruit with sugar; for example: 4 cups rhubarb, 4 cups berries, and 8 cups sugar. Add the juice of 1 lemon, a pinch of salt and 2 cups of walnuts. Mix with sugar, allow to set for about 3 hrs. Boil until thick, about 30 minutes, add the nutmeats last while still boiling, turn into sterilized glasses.

STRAWBERRY SPICED JELLY WITH WOODRUFF

4 cups berries, $\frac{1}{2}$ tsp cinnamon, $\frac{1}{4}$ tsp each nutmeg and mace, $\frac{1}{8}$ tsp cloves. Cook over low heat, stir, crush with spoon until soft. Pour thru the jelly bag, measure to each cup of juice 1 cup of sugar. Cook over low heat, add Certo. Use a leaf of woodruff in each glass.

NATURAL FLAVOR STRAWBERRY JAM -- UNCOOKED

Add 5 cups of sugar to 3 cups of crushed fruit. Mix. Allow to stand for 30 minutes, stir occasionally. Dissolve 1 pkg pectin in 1 cup water, bring to a boil and cook for 1 minute. Add solution to the fruit and stir 2 minutes. Ladle jam into jelly glasses, cover, let stand for 24 hours to jell, seal with paraffin and refrigerate promptly.

SUNSHINE STRAWBERRY PRESERVES

This method was used for the small wild berries when they were abundant.

1 to 3 qts. washed, hulled berries. These should be as nearly perfect as possible. Measure the berries and add an equal amount of sugar in a 4-qt. kettle. Allow this to stand at room temperature about 1 hour or until juice comes from the berries. Bring to a slow boil and simmer for about 10 minutes, stirring to incorporate sugar with berries. Remove to large flat cake pans, cover with panes of glass or netting to keep them clean and place in a sunny spot during the daytime. The pans are transferred to the warm kitchen when the cool of evening comes. The idea is to evaporate the moisture without cooking the berries. While the sun is the best way, if there is no sun, a slow oven (about 150°) will accomplish the evaporation. Stir at intervals until the jam is thick. Spoon into sterilized jars and keep in the refrigerator.

ANOTHER SUN-COOKED JAM

6 qts. strawberries, choose good ripe berries in season. To each pound of berries add 1 pound sugar. Place in a coated agate pan and bring to the boiling point. Be careful not to stir as you will wish to have the berries whole. Add some water to the pan (about $\frac{3}{4}$ cup), boil 3 minutes. Put the berry mixture in a shallow pan, cover tightly with a cheese cloth and set outside in the sun. Leave it out all day being very careful to bring in at night. Do this for 3 to 5 days or until the berries have thickened into a good thick jam.

STRAWBERRY AND PINEAPPLE JAM

4 qts. of strawberries, mash with 1 pineapple which has been put thru' the food chopper. Mix together, save all the juice, add 1 qt. water and 1 tsp salt. Measure the liquid, add an equal amount of sugar and cook slowly down to jam thickness.

ANOTHER STRAWBERRY PINEAPPLE JAM

6 cups prepared strawberries, $\frac{1}{4}$ cup of lemon juice, 2 cups crushed pineapple. Drain this well. Bring to a boil in an open kettle. Add 4 cups sugar and boil 15 minutes. Skim and pack while hot into hot sterilized jars.

STRAWBERRY JELLY

4 cups strawberries, put in pan with $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup water. Cook over low heat, stir frequently until soft. Strain fruit thru' sieve lined with dampened cheese cloth, press with the back of spoon to extract all juice. Bring juice to boil, but do not boil. Sprinkle 1 tbl gelatin over 2 tbs cold water. Stir into 2 cups hot juice until dissolved. Pour into 6 small moulds or custard cups. Chill until firm. Serve with a little whipped cream on top, with a whole berry to garnish.

ANOTHER STRAWBERRY JELLY

1 pound of sugar, 1 lemon, juiced (use juice and grated peel), 2 cups strawberries, 2 pkgs. gelatin. Combine the sugar and the fruits. Dissolve gelatin in a little cold water. Add to the fruits. Add a quart of boiling water. Put into moulds, chill and serve with whipped cream to which grated vanilla bean has been added.





Early Recipes



STRAWBERRY CORDIAL

An Elizabethan Recipe -- "The Queen's Closet Opened" -- 1635 -- The Queen was Henrietta Maria (Wife of England's ill-fated Charles the First)

"Take a gallon of strawberries and put them into a pinte of aqua vitae. Let them stand so four or five days, strain them gently out, and sweeten the water as you please with fine sugar, or else with perfume."

(190 proof brandy may be used in place of the aqua vitae, orange flower water for the suggested perfume. Add honey for sweetening.)

PRESERVED STRAWBERRIES IN WINE

From Mrs. Beeton's "Book of Household Management" -- 1861. This was the best-selling cookbook of all time.

Ingredients: To every quart bottle allow $\frac{1}{4}$ lb. of finely pounded leaf sugar; sherry or madeira.

Mode: Let the fruit be gathered in fine weather and used as soon as picked. Have ready some perfectly dry glass bottles, and some nice soft corks or bungs. Pick the stalks from the strawberries, drop them into the bottles, sprinkling amongst them pounded sugar in the above proportion, and when the fruit reaches up to the neck of the bottle, fill up with sherry or madeira. Cork the bottles down with new corks and dip them into melted resin. Make this in June or July.

TO PRESERVE STRAWBERRIES WHOLE

From Mrs. Beeton

To every pound of fruit allow $1\frac{1}{2}$ pounds of good leaf sugar, 1 pint of red currant juice.

Mode: Choose the strawberries not too ripe, of a fine large sort and of a good colour. Pick off the stalks, lay the strawberries in a dish, and sprinkle over them half the quantity of sugar which must be finely pounded. Shake the dish gently that the sugar may be evenly distributed and touch the underside of the fruit, and let it remain for one day. Then have the currant juice drawn as for red currant jelly. Boil it with the remainder of the sugar until it forms a thin syrup, and in this simmer the strawberries and sugar until the whole is sufficiently jellied -- $\frac{1}{4}$ hour to 20 minutes to simmer the strawberries in the syrup.



*Old
Time
Drinks*



STRAWBERRY WINE

From McKenzie's 5,000 Recipes -- 1829

Take of cold, soft water 7 gallons, cider 6 do, strawberries 6 do. Ferment. Mix raw sugar 16 lbs., red tarter, in fine powder 3 oz., the peel and juice of 2 lemons, then add brandy, 3 quarts. This will make 18 gallons.

STRAWBERRY CORDIAL

From Mrs. Leslie's "Complete Cookery" -- 1839.

Hull a sufficient quantity of ripe strawberries, and squeeze them through a linen bag. To each quart of the juice allow a pint of white brandy and half a pound of powdered leaf sugar. Put the liquid in a glass jar or a demijohn and let it stand a fortnight. Then filter it thru' a sieve, to the bottom of which a piece of fine muslin or blotting paper has been attached; and afterwards bottle it.

ROYAL STRAWBERRY ACID

From Mrs. Beecher's "Receipt Book" -- 1857.

Take 3 pounds of ripe strawberries, 2 ounces of citric acid, and 1 quart of spring water. Dissolve the acid in the water and pour it over the strawberries and let them stand in a cool place 24 hrs. Then drain the liquid off and pour it on to 3 pounds more of strawberries. Then add to the liquid its own weight in sugar, boil it 3 or 4 minutes in a porcelain-lined preserve kettle. When cool, cork it in bottles lightly for 3 or 4 days, then tighten and seal them. Keep it in a dry and cool place where it will not freeze. It is very delicious for the sick or the well.

STRAWBERRY BRANDY

Use a half gallon crock, place a layer of strawberries and a layer of sugar. Fill the jar half full. Pour 190 proof brandy over it, or vodka or grain spirits that do not have a strong flavor. Let stand in a warm place for 2 months. At the end of this time run thru' a filter and bottle.

NOTES



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